Be-Ro
Flour
HOME
RECIPES
40th EDITION

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INTRODUCTION

THE HISTORY OF THE BE-RO BRAND & COOKBOOK

Thomas Bell started a grocery business more than a hundred years ago near the Tyne quays and railway station. Two of his top selling products were baking powder and self raising flour under the brand name 'Bells Royal' later renamed **Be-Ro.**

In the early 1920's self raising flour was a novelty and one of the first convenience foods! In a bid to promote **Be-Ro** Self Raising Flour, exhibitions were held where freshly baked scones, pastries and cakes were sold for a shilling to visitors. These were so popular that people insisted they had the recipes to allow themselves the pleasure of baking these dishes at home.

As a result a little book was produced and handed out free at exhibitions and door to door. The first **Be-Ro** book was produced in 1923 and contained 19 pages. It has now grown to 86 pages and has reached its 40th edition. Over 38 million copies have been sold since its launch in 1923, making it arguably the best selling cookery book of all time.

In this the 40th edition we have added a brand new section that is ideal for today's busy lifestyles called Quick and Easy. These convenient and delicious recipes range from dishes that are perfect for main courses through to recipes that are great as tasty snacks. Due to popular demand we have also added more recipes to the cake section. With an improved layout making the recipes even easier to use, this new edition is an indispensable recipe book for all homebakers.

BAKING WITH BE-RO

Be-Ro Flour has been producing consistently good results for over a century. It is light, free-flowing flour without lumps, so there is no need to sieve. The light texture also means easier mixing and the best possible rise to cakes and scones.

In the recipes, metric quantities are given first with imperial in brackets. You will get good results using either metric or imperial units provided you use the same unit throughout; it is not advisable to mix the two as the quantities differ slightly.

STORAGE OF BE-RO FLOUR

Your flour will keep at its best if stored in its bag in a cool dry place. If the kitchen should get steamy or damp, keep the bag in a storage container with a lid. Do not add new flour to old. Both **Be-Ro** Plain and **Be-Ro** Self Raising flour bags carry a Best Before date. **Be-Ro** Flour will be at its best before this date.

OVEN MANAGEMENT

All **Be-Ro** recipes are equally suitable for gas, electric and solid fuel cookers.

Centigrade	Fahrenheit	Gas Mark
70°C	150°F	
80°C	175°F	
100°C	200°F	
110°C	225°F	1/4
120°C	250°F	1/2
140°C	275°F	1
150°C	300°F	2
160°C	325°F	3
180°C	350°F	4
190°C	375°F	5
200°C	400°F	6
220°C	425°F	7
230°C	450°F	8
240°C	475°F	9
260°C	500°F	
270°C	525°F	
290°C	550°F	

The oven settings above are only approximate as different makes of cookers and individual cookers vary.

Study the chart supplied with your cooker - particularly as regards position in the oven for baking. Always open and close the oven door gently - slamming the door may make a cake fall in the centre. Remember to leave at least 2 cm (1 inch) space all round baking sheets and tins so that the heat can circulate freely.

A WORD ON INGREDIENTS

SUGAR - caster sugar dissolves easily and is most suitable for cake making, being finer it is more easily creamed than granulated sugar, which is better used for rubbed-in cakes. Demerara and other brown sugars are often used in rich fruit cakes and gingerbreads to improve the flavour and colour. Icing sugar should be sieved if at all lumpy. Golden syrup, treacle or honey often replace some or all of the sugar in a recipe giving a rich flavour and colour.

EGGS - are better used at room temperature, rather than cold from the refrigerator, but this is not essential. Eggs add richness to the recipe.

Break eggs separately into a cup to ensure freshness. MEDIUM (standard eggs) are used in all **Be-Ro** recipes, unless otherwise stated.

LIQUIDS - milk adds richness to a mixture and gives a closer, heavier texture. Water gives a lighter, short texture. Very cold water is necessary for certain pastries.

FATS - use the type stated in the recipe. Butter is used for its flavour and keeping qualities, but margarine is better for giving volume in creamed cakes. Hard or block margarine is most suitable for baking. Soft margarine is recommended for all-in-one recipes.

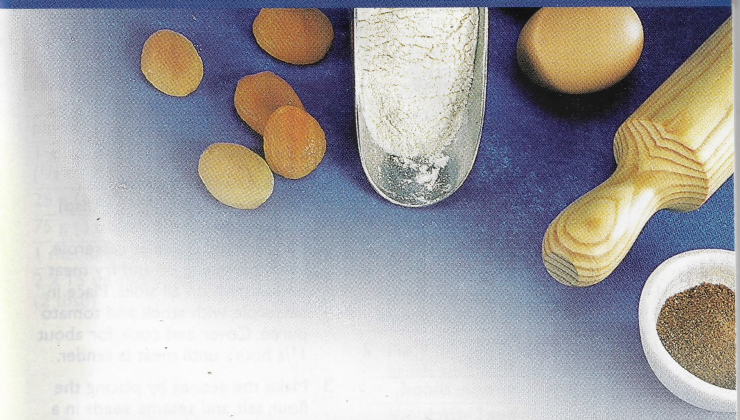
KEY TO RECIPE SYMBOLS

This symbol indicates a watchpoint contributing to the success of the recipe.

Easy Baking

More Involved Baking

Skilful Baking



METRIC/IMPERIAL MEASUREMENTS

To be in line with recent guidelines **Be-Ro** have adopted more accurate conversions for metric/imperial weights. It is still important to follow metric or imperial measures throughout a recipe.

The conversion charts below give the approximate imperial equivalent in a comprehensive form for quick reference.

Diameters for Cake Tins, Flan Rings, Pie Plates

Metric	*Imperial*
15 cm	6 inch
18 cm	7 inch
20.5 cm	8 inch
23 cm	9 inch
25.5 cm	10 inch
28 cm	11 inch
30 cm	12 inch

Diameters for Cutters for Scones and Biscuits

Metric	*Imperial*
2.5 cm	1 inch
5 cm	2 inch
6.5 cm	2 1/2 inch
7.5 cm	3 inch

Thickness for Rolling Pastry, Dough etc

Metric	*Imperial*
2.5 mm	1/8 inch
5 mm	1/4 inch
1 cm	1/2 inch
1.5 cm	3/4 inch

Capacity for Pudding Basins, Pie Dishes and Saucepans

Metric	*Imperial*
450 ml	3/4 pint
900 ml	1 1/2 pint
1.2 litre	2 pint
1.5 litre	2 1/2 pint
1.8 litre	3 pint
3 litre	5 pint
4.2 litre	7 pint

Specific Tin Measurements

	Metric	*Imperial*
Swiss Roll tin	33 x 23 cm	9 x 13 inch
Sponge flan tin	21.5 cm	8 1/2 inch
Loaf tins	1/2 kg (16 x 10 x 7.5 cm)	1 lb
	1 kg (20 x 13 x 9 cm)	2 lb

OTHER USEFUL MEASUREMENTS

Sets of metric or imperial measuring spoons should be used to give accurate measurements of small quantities. Measures are level unless otherwise stated.

5 ml	= 1 teaspoon
15 ml	= 1 tablespoon
25 g (1 oz) flour	= 2 tablespoons (level)
25 g (1 oz) sugar	= 2 tablespoons (level)
150 ml	= 1/4 pint/5 fl oz
25 g (1 oz) sultanas, raisins, currants	= 2 tablespoons (level)
25 g (1 oz) syrup, treacle or honey	= 1 tablespoon (level)
25 g (1 oz) cheese, finely grated	= 3 tablespoons (level)

CASSEROLED BEEF WITH SESAME SEED SCONES

Serves 4

550 g (1 1/4 lb)	**stewing steak, cubed**
3 x 15 ml spoon (3 tbsp)	**Be-Ro Self Raising Flour, seasoned with salt and pepper**
2 x 15 ml spoon (2 tbsp)	**oil**
2	**carrots, chopped**
1	**large onion, sliced**
1/2	**swede, diced**
450 ml (3/4 pint)	**beef stock**
1 x 15 ml spoon (1 tbsp)	**tomato purée**
SCONES:	
175 g (6 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
2 x 15 ml spoon (2 tbsp)	**sesame seeds**
50 g (2 oz)	**margarine**
75 ml (3 fluid oz)	**milk**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Have ready a casserole dish.
2. Coat meat in seasoned flour. Heat 1 x 15 ml spoon (1 tbsp) oil, fry vegetables for 5-10 minutes then place in casserole. Heat remaining oil and fry meat until brown on all sides. Place in casserole with stock and tomato purée. Cover and cook for about 1 1/2 hours until meat is tender.
3. Make the scones by placing the flour, salt and sesame seeds in a bowl. Rub in fat. Add enough milk to make a stiff dough. Knead lightly and roll out to 1 cm (1/2 inch) circle. Cut into 8 segments and glaze.
4. Arrange segments on top of the simmering casserole and cook uncovered for 15 minutes at 220°C, 425°F, Gas Mark 7 until scones are golden brown.

RICH SCONES

Makes 8

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**margarine**
25 g (1 oz)	**caster sugar**
50 g (2 oz)	**currants/sultanas**
1 medium	**egg, beaten with sufficient milk to make 150 ml (1/4 pint) liquid**

1. Heat oven to 220°C, 425°F, Gas Mark 7 and grease a baking tray.
2. Mix flour, and salt, rub in margarine and stir in sugar and fruit.
3. Add egg and milk reserving a little for brushing the tops.
4. Knead lightly on a floured surface and roll out to 1 cm (1/2 inch) in thickness and cut into 6.5 cm (2 1/2 inch) rounds.
5. Re-roll the trimmings and cut more rounds.
6. Brush the tops with egg and milk and bake for about 10 minutes.

A scone dough should be soft and spongy. Handle very lightly for best results.

CHEESE SCONES

Makes 8

175 g (6 oz)	**Be-Ro Self Raising Flour**
pinch	**salt and pepper**
1 x 2.5 ml spoon (1/2 tsp)	**mustard powder**
25 g (1 oz)	**margarine**
75 g (3 oz)	**cheese, grated**
1 medium	**egg**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Heat oven to 220°C, 425°F, Gas Mark 7. Grease a baking tray.
2. Mix flour and seasonings, rub in margarine. Stir in cheese, reserving a little for the top.
3. Mix to a soft dough with the egg and milk, reserving a little for glazing.
4. Roll out to a round 1.5 cm (1/2 inch) in thickness and cut into 8 triangles.
5. Place on the baking tray and brush with egg and milk and sprinkle with cheese. Bake for about 10-15 minutes until golden brown.

PLAIN SCONES

Makes 8

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**margarine**
	enough milk to make a soft dough

1. Make and bake as for rich scones. Ideal with strawberry jam and for cream teas.
2. Plain scones are much paler in colour to the other scones. For a golden finish brush with milk or egg.

ROCK BUNS — Makes 16

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**margarine**
75 g (3 oz)	**mixed dried fruit**
25 g (1 oz)	**mixed peel**
50 g (2 oz)	**caster sugar**
1 medium	**egg**
	milk to mix

1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease two baking trays.
2. Mix the flour and salt, rub in the margarine.
3. Stir in the dried fruit, mixed peel and sugar.
4. Mix to a stiff dough with egg and milk.
5. Place in rough heaps on the baking tray and bake for 10-15 minutes.

VICTORIA SCONES — Makes 4

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
1 medium	**egg, beaten with milk to make 150 ml (1/4 pint) liquid**
8	**glacé cherries**

1. Heat oven to 200°C, 400°F, Gas Mark 6 and grease a baking tray.
2. Mix flour and salt, rub in fat.
3. Stir in sugar and mix to a soft dough with the egg and milk reserving a little to brush the tops.
4. Knead lightly on a floured board and divide into 4.
5. Roll each piece to a round just over 1 cm (1/2 inch) in thickness and place on the baking tray. Cut across the top to mark each into 4.
6. Brush with egg and milk and place half a cherry on each quarter. Bake for about 10-15 minutes.

SCONES

BAKING WITH A GRIDDLE

A baking griddle should be well-greased, then heated until a little water sprinkled on the surface skips about in balls, evaporating. A frying pan makes a good substitute.

POTATO SCONES — Makes 12

450 g (1 lb)	**floury potatoes peeled and cooked**
1 x 2.5 ml spoon (1/2 tsp)	**salt**
50 g (2 oz)	**butter**
100 g (4 oz)	**Be-Ro Self Raising Flour**

1. Mash potatoes, add salt and butter and flour to give a stiff mixture.
2. Turn out on to a floured surface, knead lightly and roll out to a thickness of 1 cm (1/2 inch).
3. Cut into triangles and cook on a hot greased griddle for 4-5 minutes on each side. Serve hot.

GRIDDLE SCONES — Makes 12

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
25 g (1 oz)	**lard**
25 g (1 oz)	**caster sugar**
1 medium	**egg, beaten with milk to make 150 ml (1/4 pint) liquid**

1. Mix flour and salt, rub in lard.
2. Stir in sugar and mix to a soft dough with the egg and milk.
3. Knead lightly, divide in three and roll each piece into a circle about 5 mm (1/4 inch) in thickness. Cut into four.
4. Bake over a moderate heat on a greased griddle, for about 2 minutes on each side. Serve hot with butter if wished.

DROPPED SCONES

Makes 6-8

100 g (4 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**caster sugar**
1 medium	**egg**
4 x 15 ml spoon (4 tbsp)	**milk to mix**
few drops	**lemon essence, (optional)**

1. Mix flour, salt and sugar, add egg and gradually beat in enough milk to make a thick batter.
2. Add essence, if used.
3. Cook 2 or 3 at a time by dropping spoonfuls of the mixture on a moderately hot, well-greased griddle.
4. Cook until the underside is golden brown and the top is covered with bubbles, about 3 minutes.
5. Turn and brown on the other side.
   Serve buttered, hot or cold.

GRANNY LOAF

12 slices

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
25 g (1 oz)	**brown sugar**
50 g (2 oz)	**chopped walnuts**
75 g (3 oz)	**raisins or sultanas**
1 x 15 ml spoon (1 tbsp)	**golden syrup**
150 ml (1/4 pint)	**milk**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a 15 cm (6 inch) cake tin.
2. Place all dry ingredients in a bowl, add walnuts and fruit.
3. Beat to a soft mixture with syrup and milk.
4. Place in the cake and bake for 45 minutes.
5. Serve warm with butter.

WELSH GRIDDLE CAKES

Makes 15

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**margarine**
50 g (2 oz)	**caster sugar**
50 g (2 oz)	**currants**
1 medium	**egg**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Mix flour and salt, rub in margarine, stir in sugar and currants.
2. Mix to a fairly stiff dough with the egg and milk.
3. Roll out about 5 mm (1/4 inch) in thickness and cut into rounds, re-roll the trimmings.
4. Cook on a moderately hot greased griddle for about 3 minutes on each side.
   Serve buttered, hot or cold.

ORANGE & RAISIN LOAF

12 slices

225 g (8 oz)	**Be-Ro Self Raising Flour**
1 x 2.5 ml spoon (1/2 tsp)	**bicarbonate of soda**
25 g (1 oz)	**lard**
25 g (1 oz)	**margarine**
100 g (4 oz)	**caster sugar**
1	**orange, grated rind and juice**
175 g (6 oz)	**raisins**
	milk

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease and line the base of a 1 kg (2 lb) loaf tin.
2. Mix flour and bicarbonate of soda, rub in fats.
3. Mix in sugar, orange rind and raisins.
4. Make the juice of the orange up to 150 ml (1/4 pint) with milk and add to the dry ingredients. Mix well.
5. Place the mixture in the prepared tin and bake for about 1 1/4 hours.

TEA LOAVES

BRACK — 12 slices

225 g (8 oz)	**sultanas**
100 g (4 oz)	**raisins**
100 g (4 oz)	**currants**
175 g (6 oz)	**Demerara sugar**
150 ml (1/4 pint)	**tea, hot**
1 medium	**egg**
225 g (8 oz)	**Be-Ro Self Raising Flour**

1. Mix together the dried fruit, sugar and hot tea.
2. Cover and leave overnight.
3. Heat oven to 160°C, 325°F, Gas Mark 3. Grease and line the base of a 1 kg (2 lb) loaf tin.
4. Add the egg, beat well, then stir in the flour.
5. Place the mixture into the tin an bake for about 1 1/2-1 3/4 hours until firm.

Always use hot tea so the sugar dissolves and the dried fruit swells more easily.

DATE & WALNUT LOAF — 12 slices

225 g (8 oz)	**dates**
pinch	**bicarbonate of soda**
150 ml (1/4 pint)	**boiling water**
75 g (3 oz)	**margarine**
75 g (3 oz)	**caster sugar**
1 medium	**egg, beaten**
225 g (8 oz)	**Be-Ro Self Raising Flour**
75 g (3 oz)	**walnuts, chopped**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease and line the base of a 1 kg (2 lb) loaf tin.
2. Chop the dates, add the bicarbonate of soda and pour the boiling water over them.
3. Cream the margarine and sugar, beat in the egg.
4. Stir in the flour and nuts, and lastly the dates.
5. Place mixture evenly in the tin. Bake for about 1 1/4 hours until firm.

BANANA TEA BREAD — 12 slices

225 g (8 oz)	**Be-Ro Self Raising Flour**
1 x 1.25 ml spoon (1/4 tsp)	**bicarbonate of soda**
pinch	**salt**
75 g (3 oz)	**butter**
175 g (6 oz)	**caster sugar**
2 medium	**eggs, beaten**
450 g (1 lb)	**bananas weighed with skin, peeled, mashed**
100 g (4 oz)	**walnuts, chopped**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease and line the base of a 1 kg (2 lb) loaf tin.
2. Mix together flour, bicarbonate of soda and salt.
3. Cream the butter and sugar until pale and fluffy, add the eggs a little at a time alternately with the flour.
4. Stir in the remaining flour, bananas and walnuts and place in prepared tin. Bake for about 1 1/4 hours.
5. Cool on a wire rack.

BRANDY SNAPS — Makes 12

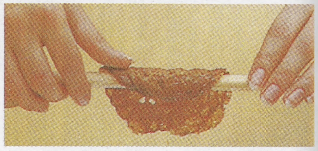
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
2 x 15 ml spoon (2 tbsp)	**golden syrup**
50 g (2 oz)	**Be-Ro Self Raising Flour**
1 x 2.5 ml spoon (1/2 tsp)	**ground ginger**
1 x 5 ml spoon (1 tsp)	**brandy or rum**
few drops	**lemon essence**
	whipping cream, whipped

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a baking tray and the handles of 1 or 2 wooden spoons.
2. Melt margarine, sugar and syrup in a saucepan. Remove from the heat and stir in the remaining ingredients.
3. Put small spoonfuls of the mixture at least 7.5 cm (3 inch) apart on the baking tray and bake for 7-10 minutes. Cool slightly.
4. Roll around the handle of a wooden spoon and leave to set. Place on wire rack.
5. If the biscuits become too stiff to roll, re-heat for a moment to soften.
6. Re-fill the baking tray and proceed with the remainder of the mixture.
7. Fill with a little whipped cream before serving.

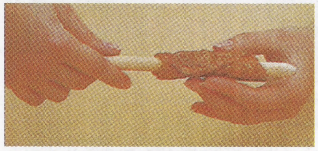
Bake very few at a time as they spread wafer thin. Lift off tray when still warm and roll round the oiled spoon handle.

ROLLING BRANDY SNAPS

1 Allow the biscuits to cool then lift off with a knife.



2 Roll the brandy snap around the spoon handle.



3 Remove shaped Brandy Snap.

4 Pipe cream into Brandy snaps.

OATMEAL BISCUITS — Makes 24

150 g (5 oz)	**Be-Ro Self Raising Flour**
150 g (5 oz)	**medium oatmeal**
pinch	**salt**
75 g (3 oz)	**caster sugar**
75 g (3 oz)	**margarine**
	milk to mix

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease some baking trays.
2. Mix the dry ingredients, rub in the margarine.
3. Add sufficient milk to make a stiff dough.
4. Roll out thinly and cut into 7.5 cm (3 inch) rounds.
5. Place on the baking trays and bake for about 15 minutes.

GINGER SNAPS — Makes 36

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
1 x 5 ml spoon (1 tsp)	**ground ginger**
100 g (4 oz)	**caster sugar**
75 g (3 oz)	**margarine**
100 g (4 oz)	**golden syrup**
1 medium	**egg, beaten**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease some baking trays.
2. Mix together the dry ingredients.
3. Warm the margarine and syrup. Add to the dry ingredients with the beaten egg and mix well.
4. Place teaspoons of the mixture on the baking trays and bake for about 15 minutes.
5. Remove from baking tray and cool on a wire rack.

RICH BISCUITS — Makes 24

225 g (8 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**caster sugar**
100 g (4 oz)	**butter or margarine**
1/2	**lemon, grated rind and juice**
1 medium	**egg, beaten**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.
2. Mix flour and sugar, rub in the fat.
3. Add lemon rind, juice and add sufficient egg to make a stiff dough.
4. Roll out thinly and cut into 7.5 cm (3 inch) rounds. Place on the baking trays and bake for about 15 minutes.

SHREWSBURY BISCUITS — Makes 24

The same recipe as for Rich Biscuits, with the addition of 50 g (2 oz) currants.

COCONUT MERINGUE SLICES — Makes 12

75 g (3 oz)	**margarine**
100 g (4 oz)	**caster sugar**
2 medium	**egg yolks**
2 x 15 ml spoon (2 tbsp)	**milk**
few drops	**vanilla essence**
175 g (6 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
TOPPING:	
2 medium	**egg whites**
100 g (4 oz)	**caster sugar**
50 g (2 oz)	**desiccated coconut**
	chopped cherries and nuts

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease and line a tin 28 x 18 cm (11 x 7 inch).
2. Cream margarine and sugar, beat in egg yolks, milk and essence.
3. Fold in the flour and the salt and spread in the tin.
4. Beat egg whites stiffly, fold in sugar and coconut.
5. Spread mixture over base and sprinkle with cherries and nuts.
6. Bake for about 45 minutes. Cut into slices when cool.

GINGERBREAD PEOPLE — Makes 16

300 g (10 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
3 x 5 ml spoon (3 tsp)	**ground ginger**
100 g (4 oz)	**caster sugar**
50 g (2 oz)	**margarine**
3 x 15 ml spoon (3 tbsp)	**golden syrup**
4 x 15 ml spoon (4 tbsp)	**milk**
	currants and glacé cherries
	Glacé Icing

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease a baking tray.
2. Place flour, salt and ginger in a bowl.
3. Warm sugar, fat and syrup together and add to the dry ingredients. Mix well.
4. Add milk and mix to a firm consistency. Knead lightly with hands.
5. Roll out and cut out shapes or shape bodies, arms, legs and head and place on the baking tray.
6. Mark the eyes with currants and put some down the body, use a piece of glacé cherry for the mouth and bake for about 10-15 minutes.
7. Allow to cool slightly then care fully lift onto a wire rack. Decorate with coloured Glacé Icing (page 82).

Biscuits made with syrup are often soft after baking but will become crisp on cooling.

CHOCOLATE BISCUITS — Makes 20

225 g (8 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**caster sugar**
3 x 15 ml spoon (3 tbsp)	**cocoa powder, sieved**
100 g (4 oz)	**margarine**
5 x 15 ml spoon (5 tbsp)	**milk**
few drops	**vanilla essence**
	Chocolate Glacé Icing
	grated chocolate

1. Heat oven to 190°C, 375°F, Gas Mark 5. Grease two baking trays.
2. Mix flour, sugar and cocoa in a bowl and rub in the margarine.
3. Add the milk and essence and mix in well. Bring together with your hands and knead lightly on a floured surface.
4. Roll out to 0.5 cm (1/4 inch) thick and cut into rounds using a 7.5 cm (3 inch) cutter. Place on the baking trays and bake for about 8-10 minutes. Remove from baking tray and cool on a wire rack. Decorate with Glacé Icing (page 82) and chocolate.

ALMOND BISCUITS — Makes 20

175 g (6 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
75 g (3 oz)	**caster sugar**
50 g (2 oz)	**ground almonds**
150 g (5 oz)	**margarine**
few drops	**almond essence**
	blanched almonds

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.
2. Mix together the dry ingredients, rub in the margarine.
3. Add the essence and mix well, bring together using your hands.
4. Roll out thinly and cut into rounds. Place half a blanched almond on each.
5. Place on a baking tray and bake for 15 minutes.

BISCUITS & COOKIES

MELTING MOMENTS — Makes 30

65 g (2½ oz)	**margarine**
40 g (1½ oz)	**lard**
75 g (3 oz)	**caster sugar**
½ medium	**egg**
1 x 5 ml spoon (1 tsp)	**vanilla essence**
150 g (5 oz)	**Be-Ro Self Raising Flour**
	oats or desiccated coconut
	glacé cherries

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.
2. Cream the margarine, lard and the sugar until very light and fluffy. Beat in the egg and vanilla essence.
3. Stir in the flour and mix well.
4. Roll walnut sized pieces of the mixture into balls and toss in rolled oats or desiccated coconut.
5. Place on baking trays, flatten slightly and place a small piece of cherry on each biscuit. Bake for 10-15 minutes.

To help shape "ball" type biscuits, slightly dampen the hands.

CHOCOLATE CHIP COOKIES — Makes 18

100 g (4 oz)	**margarine**
75 g (3 oz)	**soft light brown sugar**
2 x 15 ml spoon (2 tbsp)	**syrup**
175 g (6 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**chocolate chips**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.
2. Beat the margarine until soft, add the sugar and cream together until light and fluffy.
3. Stir in the syrup, flour, chocolate chips and milk and mix well.
4. Place spoonfuls of the mixture on the prepared trays and bake for 8-10 minutes. Remove from the tray immediately and place on a wire rack to cool.

VIENNESE FINGERS — Makes 15

175 g (6 oz)	**margarine**
50 g (2 oz)	**caster sugar**
175 g (6 oz)	**Be-Ro Self Raising Flour**
few drops	**vanilla essence**
Filling:	**jam**
	chocolate

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease a baking tray.
2. Cream fat and sugar very thoroughly, stir in the flour and essence.
3. Place the mixture in a piping bag with a large 'star' nozzle and pipe in 7.5 cm (3 inch) lengths on baking tray. Bake for about 20 minutes.
4. When cool, sandwich together with jam and dip ends in melted chocolate.

VIENNESE ROSETTES — Makes 30

Make and bake as for Viennese Fingers, but pipe rosettes on greased trays and decorate with a small piece of glacé cherry.

COFFEE KISSES — Makes 12

175 g (6 oz)	**Be-Ro Self Raising Flour**
75 g (3 oz)	**caster sugar**
75 g (3 oz)	**margarine**
1 medium	**egg, beaten**
2 x 5 ml spoon (2 tsp)	**instant coffee dissolved in 15 ml spoon (1 tbsp) hot water**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.
2. Mix flour and sugar, rub in the margarine.
3. Stir in the egg and all the Coffee essence, mix well.
4. Divide into balls the size of a walnut. Place on baking trays and bake for about 15 minutes.
5. When cool, sandwich in pairs with Coffee Butter Icing (page 81).

Sandwich just before serving as cream fillings soften the biscuits.

PETTICOAT TAILS

Makes 16

250 g (9 oz)	**Be-Ro Plain Flour**
75 g (3 oz)	**caster sugar**
175 g (6 oz)	**butter**

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease a baking tray.
2. Mix flour and sugar in a bowl, rub in butter.
3. Knead well to form a smooth paste.
4. Divide into two equal parts, shape and flatten into 2 x 18 cm (7 inch) rounds, about 1 cm (1/2 inch) thick.
5. Mark top into 8 portions, decorate edges and prick with a fork. Place on baking tray and bake or 30 minutes until pale and golden.

A shortbread mould may be used. Mix together 1 x 5 ml spoon (1 tsp) of flour and 1 x 5 ml spoon (1 tsp) of caster sugar. Grease the mould with oil and evenly sprinkle in half the mixture. Press shortbread into the mould and turn out onto a baking sheet before baking.

SHORTBREAD FINGERS

Make as for Petticoat Tails, roll out into a rectangle, cut into fingers and decorate with fork markings. Bake as above for 20-25 minutes.

In warm weather chill the Shortbread before baking.

HIGHLANDERS

Makes 15

100 g (4 oz)	**butter**
50 g (2 oz)	**caster sugar**
100 g (4 oz)	**Be-Ro Plain Flour**
50 g (2 oz)	**ground rice**
	Demerara sugar

1. Heat oven to 190°C, 375°F, Gas Mark 5. Grease a baking tray.
2. Cream the butter and caster sugar until light and fluffy.
3. Add the flour and ground rice and mix well. Using hands, knead well to bring the mixture together.
4. Roll into a thick sausage and roll in Demerara sugar.
5. Cut into 15 slices and place on baking tray. Bake for 15 minutes or until golden brown.

SWISS SHORTCAKES

Makes 12

175 g (6 oz)	**butter, softened**
50 g (2 oz)	**caster sugar**
few drops	**vanilla essence**
175 g (6 oz)	**Be-Ro Plain Flour**
2 x 5 ml spoon (2 tsp)	**milk**
	icing sugar and jam

1. Heat oven to 160°C, 325°F, Gas Mark 3 and have ready 12 paper baking cases on a baking tray, a piping bag and 1 cm (1/2 inch) star nozzle.
2. Cream butter and sugar, add essence and flour and beat well. Mix in the milk.
3. Place mixture in piping bag and pipe into the paper cases. Bake for about 25-30 minutes.
4. When cool dredge with icing sugar and a small spoon of jam in the centre of each.

THREE BASIC RULES FOR PASTRY MAKING

1 Keep pastry cool.
2 Handle pastry lightly.
3 Bake pastry at correct oven temperature.

Cool hands, a cool pastry board or worktop and water as cold as possible help to produce the best results. Use the fingertips, as they are the coolest part of the hands.

Lift the flour well out of the bowl to incorporate as much air as possible when rubbing in the fat. Always mix with a round bladed knife.

Add water gradually, a little at a time, to achieve the correct consistency for each type of pastry.

Avoid adding more flour after the water. In making pastry try to incorporate as much cold air as possible so that in baking this air expands and produces light pastry.

In Shortcrust this is done by rubbing in and light handling, and in Rough Puff and Flaky Pastry the air is incorporated by folding and rolling.

Dust rolling pin with flour and work lightly to prevent sticking. Roll out quickly, always rolling away from you and not from side to side. Turn the pastry, not the rolling pin.

Avoid stretching the pastry as this causes shrinkage in baking. Roll evenly and do not roll over the ends of the pastry.

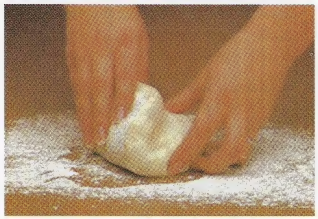
Pies, tarts, pastries and turnovers should be brushed over with a suitable glaze before baking.

Always bake in a hot oven and for rich pastry a very hot oven.

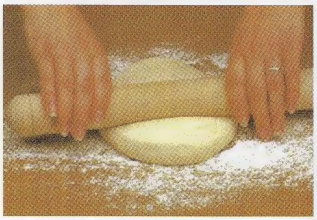
MAKING PASTRY

1 Mix flour and salt in basin, rub in fat.

2 Using a knife to cut and stir, mix with cold water to form a stiff paste.



3 Turn dough onto floured board or worktop and roll out.



DIFFERENT TYPES OF PASTRY

The three basic rules and foregoing hints apply for the following types of pastry:

1 Shortcrust Pastry 2 Suet Pastry 3 Rough Puff Pastry 4 Flaky Pastry

Two additional types of pastry made by completely different methods:

5 Hot Water Crust Pastry 6 Choux Pastry

WHEN TO USE SELF RAISING OR PLAIN FLOUR

Suet - **use Be-Ro Self Raising Flour.**

Shortcrust, Rough Puff, Flaky, Hot Water Crust, Choux - **use Be-Ro Plain Flour.**

N.B. Plain flour is generally recommended for Shortcrust Pastry, but good results may be obtained by using self raising flour, which will produce a softer, more crumbly texture.

SHORTCRUST PASTRY

Short or Shortcrust pastry is the most popular of all pastries; this is easier and quicker to make than the richer pastries.

Equally useful for sweet and savoury dishes, short pastry is traditionally prepared by lightly rubbing in the fat with the finger tips, until the flour and fat mixture looks like fine breadcrumbs.

Aerate the flour by lifting out of the bowl and allowing to fall back through the fingers.

Add just enough very cold water to make a stiff dough, using a round bladed knife.

BASIC RECIPE 225 g (8 oz)

225 g (8 oz)	**Be-Ro Plain Flour**
pinch	**salt**
50 g (2 oz)	**lard**
50 g (2 oz)	**margarine**
	cold water to mix, about 30 ml (approx 2 tbsp)
25 g (1 oz)	**caster sugar if sweet pastry is required.**

1 Mix flour and salt in basin, rub in fat.
2 Using a knife to cut and stir, mix with cold water to form a stiff dough.
3 Turn dough on to a floured surface and knead lightly.
4 Roll out and use as required.

Self raising flour may be used. the pastry will have a more cake-like texture.

N.B. Quantities of pastry are expressed as quantity of flour used, e.g. 225 g (8 oz) Shortcrust Pastry is the amount of pastry made using 225 g (8 oz) flour and not the total of ingredients. The weight of the fats used should total half the weight of the flour.

PASTRY FLAN CASES

Plain Shortcrust Pastry may be used for making a flan case, but if a sweet filling is to be used, sugar may be added to the pastry 25 g (1 oz) sugar to 225 g (8 oz), after the fat has been rubbed in.

LINING A FLAN CASE

1 Lay pastry over the flan tin.

2 Press pastry home into fluted edges.

3 Then roll off any surplus pastry.

4 Baking Blind, cover pastry with greaseproof paper and weigh down with rice or beans.

TO BAKE 'BLIND'

Line flan ring (fluted for a sweet filling, plain for savoury) with rolled out pastry. Place circle of greaseproof paper over the pastry, then a layer of rice or beans (store in jar for future use). Bake in a moderate oven 190°C, 375°F, Gas Mark 5. If the case is for immediate use, with a hot filling, e.g. custard tart, bake for 15 minutes, fill and reheat. When making a case for a cold filling, or to store for future use, bake for 20 minutes. Remove paper, beans and flan ring, then return to oven for a further 5 minutes until crisp and firm.

COVERING A PIE DISH

1 Cover the pie dish with pastry.

2 Trim off pastry around dish.

3 Then 'knock up' pastry edges.

DECORATIVE PIE EDGING

1 Scalloped pattern.

2 Twisted edging.

BROCCOLI QUICHE

6 slices

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
1	**onion, sliced**
150 g (5 oz)	**broccoli, cut into small florets**
3 medium	**eggs**
150 ml (1/4 pint)	**milk**
	salt and freshly ground black pepper
100 g (4 oz)	**mature Cheddar cheese, grated**

1 Heat oven to 190°C, 375°F, Gas Mark 5 and line a greased 23 cm (9 inch) flan ring with the pastry.

2 Place the onion in boiling water and boil for 2 minutes, add the broccoli and boil for a further 2 minutes. Drain well.

3 Lightly beat the eggs with the milk and season well.

4 Place the drained broccoli and onions in the base of the flan and pour over the egg mixture. Sprinkle over the cheese and bake in the oven for about 45 minutes until golden brown.

CHEESE STRAWS

Makes 50

100 g (4 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
pinch	**mustard powder**
50 g (2 oz)	**margarine**
75 g (3 oz)	**mature Cheddar or Red Leicester cheese, grated**
1 medium	**egg, beaten**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a baking tray.
2. Mix together the flour, salt and mustard. Rub in the margarine.
3. Stir in the cheese and add sufficient egg to make a stiff dough.
4. Roll out very thinly and cut into strips. Cut a few rings for serving if wished. Place on a baking tray.
5. Bake for 10-15 minutes.

QUICHE LORRAINE

Serves 4

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
100 g (4 oz)	**streaky bacon, chopped**
75 g (3 oz)	**cheese, grated**
2 medium	**eggs**
150 ml (¼ pint)	**milk**
	salt and pepper

1. Heat oven to 190°C, 375°F, Gas Mark 5. Line an 18 cm (7 inch) flan dish or sandwich tin with pastry.
2. Fry the bacon lightly, then cool.
3. Place half the cheese in the pastry case and cover with bacon.
4. Beat the eggs and milk together, season and pour over the cheese and bacon. Sprinkle on remaining cheese.
3. Bake for about 40 minutes until set and golden brown.

Cheese & Mushroom Quiche

For an alternative filling try adding 1 x 213 g (7½ oz) can of drained sliced mushrooms instead of bacon.

BACON & EGG PIE

Serves 4

225 g (8 oz)	**Be-Ro Short Pastry**
FILLING:	
225 g (8 oz)	**streaky bacon, rinds removed and chopped**
3 medium	**eggs**
	salt and pepper
pinch	**mixed herbs (optional)**
	milk or egg to glaze

1. Heat oven to 190°C, 370°F, Gas Mark 5. Line a 20 cm (8 inch) ovenproof plate or foil baking dish.
2. Divide the pastry into 2, roll out and line the plate.
3. Grill or fry bacon if wished. Add bacon to the eggs along with the seasoning and herbs if used.
4. Pour mixture onto pastry, dampen edges and cover with the second round of pastry.
5. Seal edges and decorate with pastry leaves. Make a hole in the centre and brush with beaten egg or milk. Bake for about 35-40 minutes.

CORNISH PASTIES

Makes 4

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
100 g (4 oz)	**braising steak, finely chopped**
2 medium	**potatoes, finely chopped**
1 small	**onion, finely chopped**
1 x 2.5 ml spoon (½ tsp)	**salt**
	freshly ground black pepper
	milk or egg to glaze

1. Heat oven to 220°C, 425°F, Gas Mark 7.
2. Divide the pastry into 4, roll out each piece about 0.5 cm (¼ inch) thick keeping a round shape. Trim if necessary.
3. Mix meat with potato and onion, season well.
4. Divide the filling between the rounds of pastry, dampen the edges and draw up the sides so that they meet in the middle.
5. Firmly press edges together, flute with the fingers and brush with beaten egg or milk.
6. Bake for about 10 minutes then reduce heat to 180°C, 350°F, Gas Mark 4 and cook for a further 40 minutes.

PASTRY SHORTCRUST

ALMOND SLICES
10 slices

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
3 x 15 ml spoon (3 tbsp)	**raspberry jam**
75 g (3 oz)	**margarine**
75 g (3 oz)	**caster sugar**
100 g (4 oz)	**ground almonds**
50 g (2 oz)	**ground rice**
1 medium	**egg**
25 g (1 oz)	**flaked almonds**

1. Heat oven to 190°C, 375°F, Gas Mark 5. Line an 18 cm (7 inch) square tin with the pastry. Spread base with raspberry jam.
2. Cream margarine and sugar.
3. Add ground almonds, ground rice and egg and mix well.
4. Spread mixture over jam and sprinkle with flaked almonds.
5. Bake for 20-25 minutes.
6. Allow to cool, then cut into fingers.

BUTTER TARTLETS
Makes 18

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
25 g (1 oz)	**butter**
100 g (4 oz)	**currants**
100 g (4 oz)	**Demerara sugar**
1 medium	**egg**
few drops	**vanilla essence**
	Glacé Icing and cherries

1. Heat oven to 200°C, 400°F, Gas Mark 6. Roll out the pastry thinly, cut in rounds using a 7.5 cm (3 inch) cutter and line 18 patty tins.
2. Melt butter, add remaining ingredients and mix well.
3. Put a spoonful of the mixture into each case and bake for about 15-20 minutes.
4. When cold decorate with a little Glacé Icing (page 82) and cherries.

JAM TARTS
Makes 12

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
	jam or lemon curd

1. Heat oven to 200°C, 400°F, Gas Mark 6. Roll out pastry thinly. Cut in rounds using a 7.5 cm (3 inch) cutter and line 12 patty tins.
2. Put a little jam or lemon curd in each, do not over fill. Bake for about 15 minutes.
3. If liked, fill with a little extra jam or lemon curd when cooked.

BAKEWELL TART
6 slices

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
2 x 15 ml spoon (2 tbsp)	**jam or lemon curd**
75 g (3 oz)	**margarine**
75 g (3 oz)	**caster sugar**
100 g (4 oz)	**ground almonds**
50 g (2 oz)	**ground rice**
1 medium	**egg, beaten**
few drops	**almond essence (optional)**
	blanched almonds

1. Heat oven to 190°C, 375°F, Gas Mark 5. Line an 18 cm (7 inch) flan tin with ⅔ of the pastry, reserving remainder for the top. Spread the base with jam or lemon curd.
2. Cream margarine and sugar.
3. Mix together the ground almonds and ground rice, add to the creamed mixture alternately with the beaten egg.
4. Spread the mixture over the jam, then decorate with a lattice of pastry strips and blanched almonds. Bake for about 35-40 minutes.

LEMON MERINGUE PIE

Serves 4

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
2 medium	**eggs, separated**
225 g (8 oz)	**caster sugar**
1	**lemon, juice and grated rind**
150 ml (1/4 pint)	**boiling water**
25 g (1 oz)	**cornflour**

1. Heat oven to 190°C, 375°F, Gas Mark 5. Line an 18 cm (7 inch) flan tin with the pastry and bake blind.
2. Reduce heat of oven to 150°C, 300°F, Gas Mark 2. Place egg yolks with 100 g (4 oz) sugar, lemon juice, grated rind and boiling water in a saucepan and mix well.
3. Blend cornflour with a little cold water and add to the lemon mixture. Bring to the boil and pour into the baked flan case.
4. Whisk egg whites stiffly and gradually beat in remaining sugar. Spread over the flan and bake for about 25 minutes until crisp and pale golden brown.

SWEET CHEESE TARTS

Makes 18

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
225 g (8 oz)	**cottage cheese or curd**
50 g (2 oz)	**sugar**
50 g (2 oz)	**currants**
1 medium	**egg**
40 g (1 1/2 oz)	**margarine, melted**
pinch each	**cinnamon and nutmeg**

1. Heat oven to 220°C, 425°F, Gas Mark 7. Roll out thinly, cut into rounds using a 7.5 cm (3 inch) cutter and line 18 patty tins with the pastry.
2. Mix together the filling ingredients and fill the pastry cases. Bake for about 15-20 minutes.

FRENCH APPLE FLAN

Serves 6

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
900 g (2 lb)	**cooking apples**
150 g (5 oz)	**sugar**
2 x 15 ml spoon (2 tbsp)	**cold water**
1 x 15 ml spoon (1 tbsp)	**brandy (optional)**
1/2	**lemon, juice only**
2	**dessert apples**
1 x 15 ml spoon (1 tbsp)	**apricot jam, sieved**

1. Peel, core and slice the apples and place a saucepan with the sugar and water. Cook over a gentle heat until apples are thoroughly softened. Beat to a purée with a wooden spoon then turn into a sieve to drain and cool.
2. Heat oven to 200°C, 400°F, Gas Mark 6. Line a 23 cm (9 inch) flan tin with the pastry.
3. If using the brandy place apple purée in a bowl and stir in the brandy. Otherwise spread apple over the base of the pastry.
4. Have ready a basin of cold water mixed with the lemon juice. Peel and quarter the dessert apples into the water. Then thinly slice and arrange in circles on top of the apple purée.
5. Bake for about 30 minutes until the pastry is cooked and apple slices tender.
6. Gently heat the jam and brush over the apples to glaze.

OYSTERS
Makes 18

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
65 g (2½ oz)	**margarine**
65 g (2½ oz)	**caster sugar**
75 g (3 oz)	**ground almonds**
1 medium	**egg, beaten**
few drops	**almond essence**
	jam and Butter Icing

1. Heat oven to 190°C, 375°F, Gas Mark 5. Roll out pastry thinly and cut in rounds using a 7.5 cm (3 inch) cutter and line 18 patty tins.
2. Cream the margarine and sugar, stir in the almonds, egg and essence.
3. Place a small spoonful of the mixture in each case and bake for about 20 minutes.
4. When cool, carefully remove the almond filling with a knife, fill the pastry cases with jam and Butter Icing (page 81) and replace the filling as shown.
5. Dust with icing sugar.

CUSTARD TART
Serves 4

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
2 medium	**egg**
300 ml (½ pint)	**milk**
2 x 15 ml spoon (2 tbsp)	**sugar**
	grated nutmeg

1. Heat oven to 190°C, 375°F, Gas Mark 5. Line an 18 cm (7 inch) flan tin with the pastry and bake blind.
2. Reduce heat of oven to 180°C, 350°F, Gas Mark 4. To prepare custard filling whisk eggs, bring milk and sugar to the boil. Pour onto eggs and cool.
3. Strain into the pastry case and sprinkle with grated nutmeg. Bake for about 20 minutes until set.

RICH COCONUT TARTLETS
Makes 12

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
4 x 15 ml spoon (4 tbsp)	**jam**
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
1 medium	**egg**
50 g (2 oz)	**desiccated coconut**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Roll out pastry thinly and cut in rounds using a 7.5 cm (3 inch) cutter and line 12 patty tins.
2. Place 1 x 2.5 ml spoon (½ tsp) of jam in each.
3. Cream margarine and sugar, add the egg and coconut.
4. Place 1 x 5 ml spoon (1 tsp) of the mixture on top of the jam.
5. Bake for 20 minutes until the sponge is risen and golden brown.

PASTRY SHORTCRUST

RICH JAM CAKES

Makes 12

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**lard**
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
1 medium	**egg, beaten**
3 x 15 ml spoon (3 tbsp)	**milk, if required**
	jam
	caster sugar for dredging

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a baking tray.
2. Mix flour and salt together. Rub in the fats and stir in the sugar.
3. Mix to a stiff dough with the beaten egg, add a little milk if necessary.
4. Divide the dough in half and roll both out thinly to the same size rectangle.
5. Place one piece on a baking tray, spread over jam.
6. Place the other piece on top and pinch the edges together. Bake for 15-20 minutes until golden brown.
7. When cool, cut into squares or triangles and sprinkle with caster sugar.

TREACLE TART

Makes 18

100 g (4 oz)	**Be-Ro Short Pastry**
100 g (4 oz)	**golden syrup**
25 g (1 oz)	**soft white breadcrumbs**
1/2	**lemon, grated rind and juice**

1. Heat oven to 200°C, 400°F, Gas Mark 6. Line an 18 cm (7 inch) ovenproof plate with the pastry.
2. Warm syrup and mix with bread-crumbs, lemon juice and rind.
3. Pour on to pastry and decorate top with pastry trimmings. Bake for 20 minutes.

MACAROONS

Makes 9

100 g (4 oz)	**Be-Ro Short Pastry**
FILLING:	
50 g (2 oz)	**caster sugar**
50 g (2 oz)	**ground almonds**
1 medium	**egg, beaten**
	raspberry jam

1. Heat oven to 200°C, 400°F, Gas Mark 6. Roll out pastry thinly, cut 3/4 of the pastry into rounds using a 7.5 cm (3 inch) cutter and line 9 patty tins.
2. Mix almonds and sugar with sufficient beaten egg to make a soft mixture.
3. Place a little jam in each case and top with a spoonful of almond mixture.
4. Sprinkle with caster sugar then make thin strips from the reserved pastry to make crosses on the cakes. Bake for about 15-20 minutes.

MAIDS OF HONOUR

Makes 15

175 g (6 oz)	**Be-Ro Short Pastry**
FILLING:	
2 x 15 ml spoon (2 tbsp)	**raspberry jam**
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
1 medium	**egg**
50 g (2 oz)	**Be-Ro Self Raising Flour**

1. Heat oven to 200°C, 400°F, Gas Mark 6. Roll out pastry thinly and cut into rounds using a 7.5 cm (3 inch) cutter and line 15 patty tins.
2. Put a little jam in each pastry case.
3. Cream margarine and sugar, beat in egg and fold in flour.
4. Place a small spoonful of mixture in each pastry case.
5. Bake for about 20 minutes.

FLAKY PASTRY

Flaky Pastry calls for a little more care and trouble in making than Rough Puff but for special pies and pastries, the beautiful light, crisp crust is well worth the time spent.

Cool working conditions and skill with the rolling pin are both important. The object is to incorporate thin layers of fat between thin layers of dough and encase as much air as possible.

When placed in a hot oven, this air expands and lifts each thin layer of pastry separately.

The dough is more 'sticky' than Rough Puff and more flour is needed for rolling out. Brush off surplus flour before folding to maintain the recipe balance.

Before rolling, lightly seal edges of folded dough with rolling pin so that the fat does not burst through.

To glaze, brush over the surface of the pastry, not the sides, as this will prevent rising.

Always bake in a very hot oven.

BASIC RECIPE — 225 g (8 oz)

225 g (8 oz)	**Be-Ro Plain Flour**
pinch	**salt**
175 g (6 oz)	**fat, butter or margarine and lard mixed**
squeeze	**lemon juice (optional)**
100 ml (4 fl oz)	**cold water (approx)**

1 Mix flour and salt in bowl.

2 Blend fats together and divide into four portions.

3 Rub one portion of fat into flour, add lemon juice and enough cold water to form an elastic dough, using a round bladed knife.

4 Turn out on to a well-floured surface and roll out into a rectangular strip. Brush off surplus flour.

5 Cover two thirds of pastry rectangle with another portion of fat, dotting over the surface in knobs.

6 Fold the pastry into three bringing the end without fat to the centre, then folding down the other third.

7 Press together pastry edges with fingers or rolling pin, give pastry half a turn, so that the folds are left and right, and roll out lightly.

8 Repeat the process twice more. Roll out again and fold up. Leave in a cold place for 1 hour before use.

VOL-AU-VENT — Makes 12

225 g (8 oz)	**Be-Ro Flaky Pastry**
FILLING A:	
150 ml (1/4 pint)	**Coating White Sauce (page 81)**
100 g (4 oz)	**cooked white fish, flaked**
40 g (1 1/2 oz)	**cooked prawns**
2 x 5 ml spoon (2 tsp)	**lemon juice**
1 x 2.5 ml spoon (1/2 tsp)	**paprika**
FILLING B:	
150 ml (1/4 pint)	**Coating White Sauce**
50 g (2 oz)	**mushrooms, sliced**
2	**tomatoes, thinly sliced**
15 g (1/2 oz)	**butter or margarine**
FILLING C:	
150 ml (1/4 pint)	**Coating White Sauce**
100 g (4 oz)	**cooked chicken, chopped**
1/2 x 2.5 ml spoon (1/4 tsp)	**curry powder**
	salt to taste

1 Heat oven to 230°C, 450°F, Gas Mark 8. Dampen a baking tray.

2 Roll out the pastry to 1 cm (1/2 inch) thickness and cut to desired shape and size. Cut half way through the vol-au-vent, within 2 cm (1 inch) of the edge, this will finally be the lid.

3 Place on baking tray and bake for about 10-15 minutes.

4 Remove 'lid', allow to cool

5 To making fillings A or C combine all the appropriate ingredients together and heat through gently.

6 To make filling B, gently fry mushrooms and tomatoes in the butter, add to the white sauce and season to taste.

7 Fill vol-au-vents with chosen filling and replace the lid. Heat through and serve.

SMOKED HADDOCK PARCEL — Serves 4

225 g (8 oz)	**Be-Ro Flaky Pastry**
FILLING:	
20 g (3/4 oz)	**butter or margarine**
25 g (1 oz)	**Be-Ro Plain Flour**
150 ml (1/4 pint)	**milk**
	salt and pepper
pinch	**ground nutmeg**
1 x 15 ml spoon (1 tbsp)	**fresh parsley, chopped**
1	**egg, hardboiled and chopped**
225 g (8 oz)	**smoked haddock, cooked and flaked**
a little	**milk**

1. Heat oven to 200°C, 400°F, Gas Mark 6.
2. Make a white sauce with the fat, flour and milk (method page 81).
3. Season to taste. Stir in remaining ingredients and put aside until cold.
4. Roll out pastry thinly into a 25 cm (10 inch) square, trim the edges.
5. Place the filling in the centre of the pastry, brush the edges with milk. Fold the four corners to the centre like an envelope, seal edges well together.
6. Brush with milk and bake for 40-45 minutes until golden brown.

ECCLES CAKES — Makes 6

225 g (8 oz)	**Be-Ro Flaky Pastry**
FILLING:	
50 g (2 oz)	**butter or margarine**
100 g (4 oz)	**currants**
25 g (1 oz)	**brown sugar**
25 g (1 oz)	**mixed peel**
	milk
	caster sugar

1. Heat oven to 230°C, 450°F, Gas Mark 8.
2. Melt butter in a saucepan, add the fruit, sugar and peel. Mix together.
3. Turn mixture into a basin and allow to cool.
4. Roll out pastry 0.5 cm (1/4 inch) thick, cut into large rounds with a plain cutter.
5. Place a spoonful of filling on each round, dampen the edges of pastry and draw them together to enclose filling.
6. Turn smooth side up and roll lightly to flatten.
7. Cut tops to show filling, brush with milk. Sprinkle with caster sugar. Bake for about 20 minutes.

ROUGH PUFF PASTRY

This pastry has a crisp light layered texture which is made by rolling and folding to trap the air between the layers of dough.

Rough Puff and Flaky Pastry are interchangeable in use, as they are similar in texture.

Rough Puff is quicker and easier to make than Flaky as the fat is added by a different method.

BASIC RECIPE — 225 g (8 oz)

225 g (8 oz)	**Be-Ro Plain Flour**
pinch	**salt**
150 g (5 oz)	**lard and margarine mixed**
	cold water to mix

1. Mix flour and salt, add fat cut into small pieces.
2. Stir in with a knife (do not rub in). Mix to a stiff dough with water.
3. Roll out on a floured surface to a narrow strip.
4. Fold in three, give a quarter turn so one of the open ends is towards you and roll out again. Do this three times in all.
5. Cover pastry and leave to rest (about 15 minutes) then roll into desired shape.
6. In hot weather allow pastry to rest for 20-30 minutes in a refrigerator or cool place before use.

Always take care to roll away from you and do not break the air bubbles that will rise.

1

2

3

4

5

6

BOOZY STEAK PIE

Serves 4

225 g (8 oz)	**Be-Ro Rough Puff Pastry**
FILLING:	
675 g (1 1/2 lb)	**stewing steak, cubed**
3 x 15 ml spoon (3 tbsp)	**Be-Ro Plain Flour**
	salt and freshly ground black pepper
1 medium	**onion, sliced**
1 clove	**garlic, crushed**
300 ml (1/2 pint)	**brown ale**
1 x 5 ml spoon (3 tsp)	**dried thyme**
100 g (4 oz)	**button mushrooms**
	milk to glaze

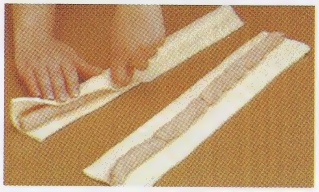
1. Heat oven to 230°C, 450°F, Gas Mark 8.
2. Mix steak with seasoned flour. Place in a large saucepan with onion, garlic, ale and thyme.
3. Bring to the boil stirring occasionally, reduce heat, simmer for 1 1/2-2 hours until meat is tender. Add mushrooms and spoon into a 1.2 litre (2 pint) pie dish with enough gravy to half fill the dish. Cool.
4. Roll out the pastry 2 cm (1 inch) larger than your dish. Cut off a pastry strip, and press onto dampened dish rim, then dampen strip. Cover dish with pastry, seal edges and decorate top with trimmings.
5. Brush with milk and bake for about 20 minutes until golden brown. Reduce heat to 180°C, 350°F, Gas Mark 4 and cook for a further 25 minutes until thoroughly heated.

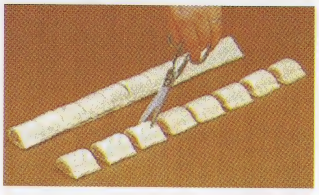
SAUSAGE ROLLS

Makes 12

225 g (8 oz)	**Be-Ro Rough Puff Pastry**
225 g (8 oz)	**sausage meat or skinless sausages**
	beaten egg or milk to glaze

1. Heat oven to 230°C, 450°F, Gas Mark 8. Have ready a baking tray.
2. Divide the pastry in two and roll each half to a long strip approximately 7.5 cm (3 inch) wide.
3. Roll the sausage meat with floured hands into a 'sausage' as long as the pastry strip, place on edges of pastry.
4. Roll up pastry to enclose the meat, dampen the edge and seal well.
5. Cut into lengths, place on the baking tray and brush with egg or milk and make 3 cuts on the top. Bake for about 20 minutes until golden brown.





FRUIT PIE

Serves 6

225 g (8 oz)	**Be-Ro Rough Puff Pastry**
675 g (1 1/2 lb)	**fruit, e.g. apples, blackberries, pears**
	sugar to taste
	milk to glaze

1. Heat oven to 230°C, 450°F, Gas Mark 8.
2. Prepare fruit, sweeten and simmer with a little water for 15 minutes, leave to cool. Fill a 1.2 litre (2 pint) dish with the fruit, placing a pie funnel in the centre.
3. Roll out the pastry, slightly larger than the pie dish.
4. Cut off a 1 cm (1/2 inch) strip right round. Dampen the edge of the dish, press the strip onto the rim then dampen the strip.
5. Cover with the pastry and seal the edge firmly.
6. Trim and decorate with pastry leaves, make a small hole in the centre and brush with milk to glaze. Bake for about 10 minutes, then reduce heat to 190°C, 375°F, Gas Mark 5 for a further 20 minutes until golden brown.
7. If wished, dust the top with icing or caster sugar.

MINCE PIES

Makes 15

225 g (8 oz)	**Be-Ro Rough Puff Pastry**
	mincemeat
	beaten egg or milk to glaze
	icing sugar

1. Heat oven to 230°C, 450°F, Gas Mark 8.
2. Roll out pastry very thinly, cut out 15 small rounds and 15 larger rounds, rerolling the trimmings as required.
3. Line patty tins with the larger pastry rounds, place a spoonful of filling in each. Damp the edges and cover with the small rounds, sealing well.
4. Brush with the beaten egg or milk, make a small hole in the top and bake for about 15 minutes. Dust with icing sugar and serve.

These may also be made with Be-Ro Short Pastry.

CHOUX PASTRY

Choux Pastry (pronounced "shoo") comes from France and several recipes, such as Eclairs, still retain their French names.

This pastry is easy to make and produces light, attractive shapes of crisp texture, suitable for both sweet and savoury recipes.

Plain flour is used, since the eggs and air introduced at the beating stage provide the raising power. The wet baking sheet produces steam to help the raising action.

BASIC RECIPE — 100 g (4 oz)

50 g (2 oz)	**butter or margarine**
150 ml (¼ pint)	**water**
100 g (4 oz)	**Be-Ro Plain Flour**
3 medium	**eggs, lightly beaten**

1. Place fat in water and melt over gentle heat, then bring to boil.
2. Remove from heat and stir in flour.
3. Return to heat, stirring until mixture forms a ball in middle of pan.
4. Transfer to a large bowl to cool.
5. Thoroughly beat the eggs into the cooled mixture, a little at a time with a wooden spoon or electric whisk.

Make sure water is boiling before adding flour, otherwise a thin paste will form.

CHICKEN & LEEK GOUGERE — Serves 4

PASTRY:	
100 g (4 oz)	**Be-Ro Choux Pastry**
1 x 5 ml spoon (1 tsp)	**mustard powder**
75 g (3 oz)	**Cheddar cheese, grated**
FILLING:	
450 g (1 lb)	**chicken, chopped**
3 x 15 ml spoon (3 tbsp)	**Be-Ro Plain Flour seasoned with salt and freshly ground black pepper**
2 x 15 ml spoon (2 tbsp)	**oil**
225 g (8 oz)	**leeks, sliced**
100 ml (4 fl oz)	**chicken stock**
200 ml (7 fl oz)	**milk**
1 medium	**egg**
25 g (1 oz)	**Cheddar cheese, grated**

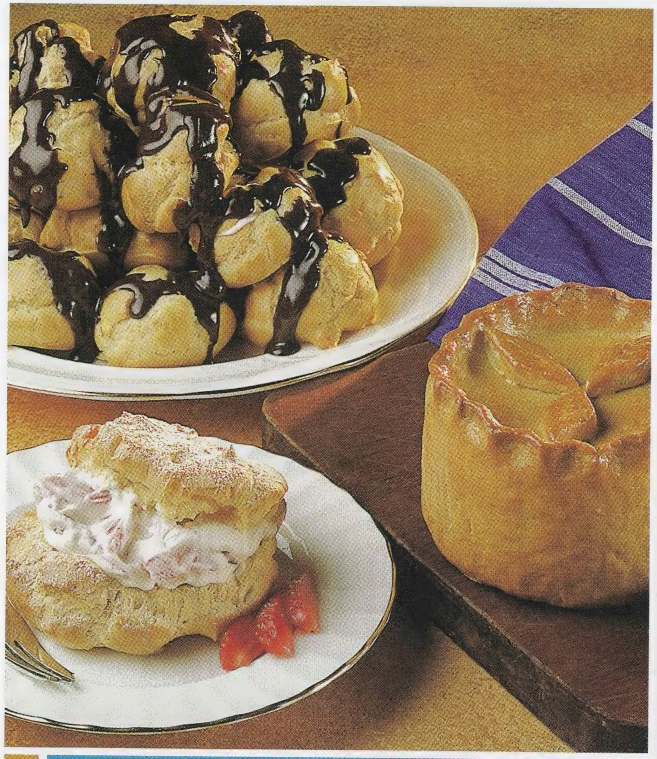
1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease a shallow ovenproof dish.
2. Prepare the Choux Pastry adding the mustard powder and cheese with the beaten eggs.
3. Place spoonfuls of Choux Pastry round the base of the dish. Bake for about 35 minutes.
4. Mix chicken with seasoned flour and heat oil in a large frying pan. Add the chicken and leeks to the pan and fry for about 15 minutes until sealed on all sides.
5. Add the chicken stock and milk stirring all the time. Cover and leave to simmer for about 10 minutes.
6. Pour chicken filling into the cooked choux ring. Sprinkle with grated cheese and return to the oven for 15 minutes until cheese has browned.

ECLAIRS — Makes 18

100 g (4 oz)	**Be-Ro Choux Pastry**
150 ml (¼ pint)	**whipping cream, whipped**
	melted chocolate or Glacé Icing (page 82)

1. Heat oven to 220°C, 425°F, Gas Mark 7. Grease a baking tray, then run under a cold tap, leaving a film of water on the tray.
2. Place Choux Pastry into a piping bag with a 1 cm (½ inch) nozzle.
3. Pipe mixture into 7.5 cm (3 inch) lengths and bake for 20 minutes.
4. Immediately after baking make a slit down one side of each eclair and leave to cool.
5. Fill with whipped cream and decorate with chocolate or Glacé Icing.

If freezing Choux Pastry refresh in oven before filling and decorating.



PROFITEROLES IN HOT CHOCOLATE SAUCE

Serves 6

100 g (4 oz)	**Be-Ro Choux Pastry**
150 ml (¼ pint)	**whipping cream, whipped**
SAUCE:	
150 g (5 oz)	**chocolate, chopped**
2 x 15 ml spoon (2 tbsp)	**soft brown sugar**
2 x 15 ml spoon (2 tbsp)	**water**
50 g (2 oz)	**butter**
1 x 15 ml spoon (1 tbsp)	**rum or brandy**

1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease 2 or 3 baking trays, then run under cold tap leaving a film of water on trays.
2. Using 2 teaspoons place walnut sized mounds of Choux Pastry well-spaced out on prepared baking trays.
3. Bake for 20-25 minutes until well risen, brown and firm. Slit sides to let steam escape. Cool on wire rack.
4. Fill choux buns with cream.
5. To make sauce combine chocolate, sugar and water in heavy based saucepan, and stir over low heat until smooth. Stir in butter. Remove from heat and add rum or brandy.
6. Pour sauce over buns and serve immediately.

SUMMER FRUIT PUFFS

Makes 6

Divide Choux Pastry into six. Bake for 35 minutes. Stir 225 g (8 oz) fresh summer fruits into 150 ml (¼ pint) whipped cream and sweeten with icing sugar. Fill choux buns and dust with icing sugar.

HOT WATER CRUST PASTRY

225 g (8 oz)

225 g (8 oz)	**Be-Ro Plain Flour**
1 x 2.5 ml spoon (½ tsp)	**salt**
100 ml (4 fl oz)	**water**
75 g (3 oz)	**lard**
	egg yolk

1. Mix flour and salt in bowl, make a well in the centre.
2. Boil water and lard together, add quickly to the flour mixture. Mix rapidly with a wooden spoon.
3. Knead with hands until the dough is soft and pliable.

PORK PIE

Serves 4

225 g (8 oz)	**Be-Ro Hot Water Crust Pastry**
FILLING:	
350 g (12 oz)	**chopped lean pork**
	sage and seasoning to taste
150 ml (¼ pint)	**stock**
1 x 2.5 ml spoon (½ tsp)	**gelatin**

1. Heat oven to 200°C, 400°F, Gas Mark 6.
2. Prepare the pastry. Do not allow the dough to become cold, or it will break in moulding
3. Cut off a quarter of the dough, set aside and cover to keep warm. Shape remaining three quarters of the dough with hands, or roll out to line the pie mould or tin.
4. Pack tightly with meat and seasoning. Roll out pastry set aside for lid.
5. Dampen edges of pie and lid, put into place, press the two edges of pastry together and tim off surplus pastry with scissors. Use trimmings to make leaves for decoration.
6. Flute edges of pie, make a hole in the centre and arrange leaves.
7. Bake for 20 minutes, reduce heat to 180°C, 350°F, Gas Mark 4 for 1¼ - 1½ hours, until meat is cooked. If the pastry becomes too dark cover with greaseproof paper or foil during the last stages of cooking.
8. Remove tin, brush over pie with a mixture of egg yolk and water, return to oven for 5 minutes to set the glaze.
9. Make jelly by placing stock and gelatin in a saucepan, dissolve over a low heat and season well. Allow to cool.
10. When pie is cool, pour jelly through a funnel into top of the pie.

Before moulding wrap pastry in polythene bag to keep warm and moist.

ALTERNATIVE METHOD

Using a jam jar as a mould

1. Sprinkle flour on a jam jar. Then mould dough over and leave to cool.
2. Protect with greaseproof paper and remove jam jar. Fill and cover pie.
3. Decorate and make hole in lid.
4. Glaze and return to oven for 5 minutes to set the glaze. Then pour in liquid stock.

SUET PASTRY

This is the most English of all pastries. Suet Pastry can be used in a great variety of dishes.

Sweet and savoury basin puddings, dumplings, roly poly puddings and for baked pastry dishes.

When it is steamed or boiled it should have a light spongy texture and when baked it makes a very crisp light pastry.

Atora Original or Light shredded suet are both ideal for use in these recipes

BASIC RECIPE — 225 g (8 oz)

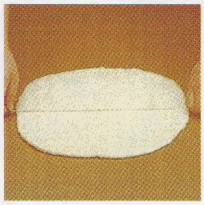
225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**Atora shredded suet**
	cold water to mix

1. Mix flour, salt and suet, add sufficient cold water to make a pliable dough.
2. Turn the dough on to a floured board and knead lightly. Allow to rest for a few minutes before rolling out.

Suet Pastry is quick to make and at its best when freshly baked.

LINING A PUDDING BASIN

1 Measure basin



2 Roll out pastry into a round.

3 Cut out a quarter.

4 Lift largest piece of pastry into the greased basin. Join edges and press onto sides and rim, put in filling.

5 Roll remaining quarter into a round to fit the top of the basin, damping edges to seal.

6 Then cover pudding with greaseproof paper and foil and secure with string. Allow to steam for 4 hours or as required by the recipe.

STEAK & KIDNEY PUDDING — Serves 4

225 g (8 oz)	**Be-Ro Suet Pastry**
FILLING:	
450 g (1 lb)	**stewing steak, trimmed**
100 g (4 oz)	**kidney**
	a little seasoned flour
	stock

Meat puddings are usually served from the basin in which they are cooked, wrapped in a napkin.

1. Line a greased 1.2 litre (2 pint) pudding basin following diagrams given.
2. Cut up meat and kidney, roll in seasoned flour, place in lined basin and fill 2/3 full with stock.
3. Dampen the edge, roll out remaining pastry to fit top, seal edges well.
4. Cover with greaseproof paper and foil and steam for 4 hours. (For tips on steaming see page 69).

ROLY POLY — Serves 6

225 g (8 oz)	**Be-Ro Suet Pastry**
5 x 15 ml spoon (5 tbsp)	**jam, syrup or marmalade**

1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease a baking tray.
2. Roll out pastry on a floured surface to 25.5 x 20.5 cm (10 x 8 inch) rectangle.
3. Spread with jam, syrup or marmalade to within 2.5 cm (1 inch) of the edges to prevent jam burning.
4. Moisten edges with water. Roll up loosely from the narrow end. Press edges to seal. Place roll on tray with the join underneath and bake for about 30-35 minutes. Alternatively loosely wrap in greaseproof paper and foil and steam for 1 1/2 hours.

DUMPLINGS — Makes 8-12

100 g (4 oz)	**Be-Ro Suet Pastry**

Dumplings may be cooked in boiling water for 20 minutes, then served as a sweet with jam or golden syrup.

1. Divide pastry into 8-12 pieces, roll into balls with floured hands.
2. Add to a stew 20 minutes before it has finished cooking.

Delicious cakes for every occasion are readily made in a wide variety of flavours and finishes, using Be-Ro recipes based on rubbed-in, creamed, melted and whisked methods.

Greasing and lining cake tins:

For most cakes it is necessary to grease and line the cake tins.

Grease the tin by brushing with oil or melted butter and use grease-proof paper to line the base of sandwich tins and the sides and base of deep cake tins. Then grease the greaseproof again.

To line a Swiss roll tin cut the paper 5 cm (2 inch) larger then the tin. Place in the greased tin and make cuts into the corners so the paper overlaps. Then grease the paper. Non-stick paper does not need to be greased and can be re-used. If using non-stick tins, follow the manufacturer's instructions.

To test if cakes are baked:

Properly baked cakes should be evenly brown, shrinking slightly away from the sides of the tin and firm when touched with the fingers.

A fine hot skewer inserted into the centre of a non-fruited cake should come out clean.

Fruit cakes

A slightly bubbling sound indicates that further baking is required.

Sponges

Sponges should shrink slightly from the tin. When pressed with a finger a sponge should spring back leaving no impression.

Cooling

Always leave cakes in their tins for 3-5 minutes to 'set' then turn out on to a wire rack and leave to cool. Fruit cakes should be left to cool completely in their tins.

Storage

All cakes must be properly cooled before storing.

Store cakes in tins or containers with well fitting lids. When storing large rich cakes for some time, wrap in greaseproof paper before placing in tins.

RUBBED IN METHOD

The rubbed in method produces an open texture. This is achieved as the fat is lightly worked into the flour between the fingers and thumbs trapping air as it falls. Cakes made by this method are easy to make and ideal for the less experienced cook.

FRUIT CAKE — Serves 8

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
175 g (6 oz)	**mixed dried fruit**
2 medium	**eggs**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) cake tin.
2. Mix flour and salt, rub in margarine.
3. Stir in sugar and fruit. Beat together eggs and milk.
4. Mix together to a soft consistency.
5. Place in prepared tin and bake for about 50 minutes.

VARIATIONS

Lemon and Sultana

Add 175 g (6 oz) sultanas and grated rind of 1 lemon.

Orange and Spice

Add 1 x 5 ml spoon (1 tsp) mixed spice and coarsely grated rind of 1 orange.

Date

Add 75 g (3 oz) chopped dates.

Chocolate Chip

Add 75-100 g (3-4 oz) chocolate finely chopped.

COCONUT AND ORANGE CAKE — Serves 12

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**margarine**
100 g (4 oz)	**soft brown sugar**
50 g (2 oz)	**desiccated coconut**
1 medium	**egg**
3 x 15 ml spoon (3 tbsp)	**milk**
1	**orange, grated rind and juice**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) cake tin.
2. Make up as basic rubbed in method.
3. Place mixture in prepared tin and bake for about 1 hour.
4. When cool, decorate with Orange Glacé Icing (page 82) and toasted coconut.

MILK CHOCOLATE CAKE — Serves 12

200 g (7 oz)	**Be-Ro Self Raising Flour**
225 g (8 oz)	**caster sugar**
1 x 2.5 ml spoon (½ tsp)	**salt**
25 g (1 oz)	**cocoa powder, sieved**
100 g (4 oz)	**margarine**
2 medium	**eggs**
5 x 15 ml spoon (5 tbsp)	**evaporated milk**
5 x 15 ml spoon (5 tbsp)	**water**
few drops	**vanilla essence**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease 2 x 20.5 cm (8 inch) tins, not loose-bottomed as the mixture would run out.
2. Mix flour, sugar, salt and cocoa.
3. Rub in margarine. Beat eggs with milk.
4. Stir egg mixture, essence and liquids into the dry ingredients and beat well.
5. Place mixture in prepared tins and bake for about 30-35 minutes.
6. When cold sandwich and top with Milk Chocolate Icing (page 82).

RICH CAKES

Rich Cakes contain at least half the weight of fat-to-flour. The amount of fruit or flavouring does not determine the type of cake. A 'plain cake' may contain a high proportion of fruit whilst Madeira, a 'rich cake' contains none.

Rich cakes keep well. When quite cool store in an airtight tin.

CREAMING METHOD

This is generally used for rich cakes.

1. Place fat and sugar in warm bowl. Do not allow to 'oil'.
2. Cream together with wooden spoon or electric mixer until the colour changes from yellow to white. The mixture will then be soft and fluffy, with no 'grittiness'.
3. Break the eggs, one at a time, into the mixture and add from the recipe 1 x 15 ml spoon (1 tbsp) flour - beat thoroughly. This prevents the mixture from separating or curdling. Continue until all the eggs are added, add any spice or flavouring at this stage, but not fruit.
4. Use a metal spoon to 'fold-in' flour, a little at a time, to the mixture - alternately with any liquid in the recipe. 'Fold-in' means stir once round bowl and once through the middle. Continue this action until all flour is mixed in. At this stage do not beat or stir as this may spoil the cake.
5. Add any fruit and fold in lightly.
6. Place the cake mixture in the prepared tin.
7. In general, bake in a moderate oven on a middle or lower shelf.

VICTORIA SANDWICH — Serves 8

100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
2 medium	**eggs**
100 g (4 oz)	**Be-Ro Self Raising Flour**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) sandwich tins.
2. Cream margarine and sugar until light and fluffy. Beat in eggs, one at a time, adding a little flour with each.
3. Gently fold in remaining flour.
4. Place in prepared tins and bake for 20-25 minutes in 2 tins or 40-45 minutes in one tin.
5. When cool, fill with jam or cream. Dust with icing sugar.

VARIATIONS

Moist Orange Cake — Serves 8

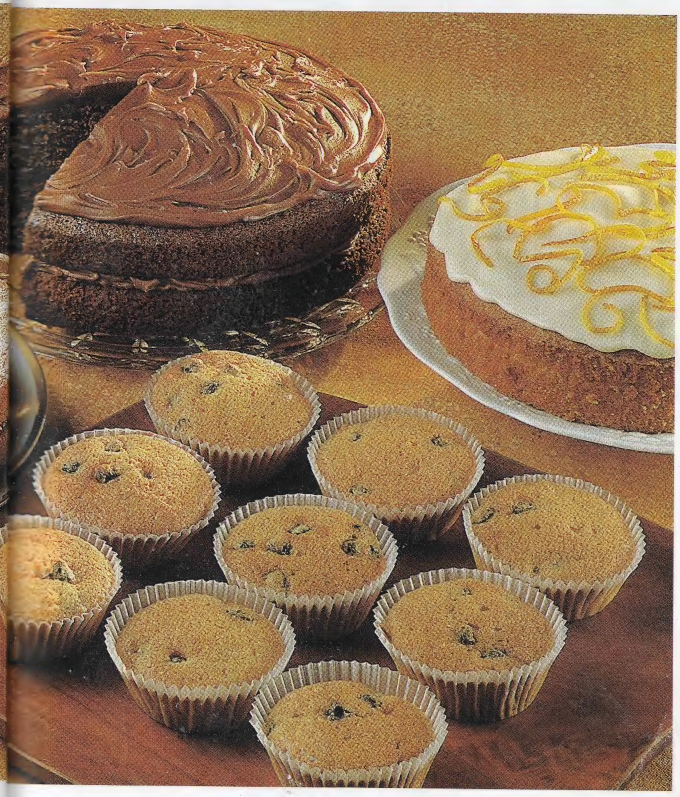
Make as Victoria Sandwich adding the grated rind of one orange (reserving some for the top) and 2 x 15 ml spoon (2 tbsp) orange juice with the flour addition. Bake in an 18 cm (7 inch) cake tin and leave whole. Use 4 x 5 ml spoon (4 tsp) of orange juice to make up the Glacé Icing (page 82).

Queen Cakes — Serves 18

Make as Victoria Sandwich, adding 50 g (2 oz) currants to the mixture. Proceed as for Butterfly Cakes stages 1 and 2 (page 51).

Cherry Buns — Makes 18

Make as Victoria Sandwich, adding 50 g (2 oz) chopped cherries to the mixture. Proceed as for Butterfly Cakes stages 1 and 2 (page 51).



CAKES RICH

VARIATIONS CONTINUED

Chocolate Buns — Makes 18

Make as Victoria Sandwich replacing 25 g (1 oz) Be-Ro Self Raising Flour with 25 g (1 oz) cocoa powder.

Proceed as for Butterfly Cakes stages 1 and 2 (below).

Fancies — Makes 12

Bake as Birthday Gateau recipe in a greased tin 28 x 18 cm (11 x 7 inch) in a moderate oven 180°C, 350°F, Gas Mark 4 for 30-35 minutes.

When cold cut into shapes, coat with Glacé Icing and decorate with nuts, cherries, angelica and crystallised flowers.

Butterfly Cakes — Makes 18

Make as Victoria Sandwich basic recipe.

1. Heat oven to 190°C, 375°F, Gas Mark 5. Have ready 18 paper cases or well greased patty tins.
2. Half fill the paper cases with the mixture and bake for about 15 minutes until firm.
3. When cold cut a slice from the top of each cake, cut this in half.
4. Place a little Butter Icing (page 81) on each cake and arrange 'wings' around the icing. Dust with icing sugar to decorate.

BIRTHDAY GATEAU
Serves 12

175 g (6 oz)	**margarine**
175 g (6 oz)	**caster sugar**
3 medium	**eggs**
175 g (6 oz)	**Be-Ro Self Raising Flour**
	Butter Icing of your choice

1. Make as basic Victoria Sandwich recipe. Decorate as desired.

VARIATIONS

Chocolate Gateau
Serves 12

Substitute 25 g (1 oz) cocoa powder for 25 g (1 oz) flour, then make as basic recipe. Fill and coat with chocolate Butter Icing (page 81).

Coffee Gateau
Serves 12

Add 1 x 5 ml spoon (1 tsp) coffee essence or dissolved instant coffee to the basic recipe. Fill and coat with coffee Butter Icing (page 81).

WALNUT FUDGE CAKE
Serves 12

100 g (4 oz)	**margarine**
75 g (3 oz)	**caster sugar**
1 x 15 ml spoon (1 tbsp)	**golden syrup**
2 medium	**eggs**
175 g (6 oz)	**Be-Ro Self Raising Flour**
1 x 15 ml spoon (1 tbsp)	**milk**
50 g (2 oz)	**chopped walnuts**
	Fudge and Glacé Icing
	walnut halves

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) cake tin.
2. Cream the margarine, sugar and syrup until light and creamy.
3. Beat in the eggs with a little flour.
4. Gradually add the remaining flour, milk and nuts.
5. Place mixture into prepared tin and bake for about 40-45 minutes.
6. When cold split open and sandwich together with Fudge Icing (page 82).
7. Decorate top with white Glacé Icing (page 82) and walnut halves.

CHOCOLATE SPICE CAKE

Serves 12

100 g (4 oz)	**margarine**
200 g (7 oz)	**caster sugar**
50 g (2 oz)	**plain chocolate**
2 medium	**eggs, separated**
pinch	**salt**
1 x 2.5 ml spoon (1/2 tsp)	**cinnamon**
1 x 2.5 ml spoon (1/2 tsp)	**mixed spice**
pinch	**ground cloves**
175 g (6 oz)	**Be-Ro Self Raising Flour**
120 ml (8 tbsp)	**milk**
25 g (1 oz)	**cut mixed peel**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a 20 cm (8 inch) square tin and line the base.
2. Cream margarine and sugar until light and fluffy.
3. Blend in melted chocolate and egg yolks.
4. Sieve salt, spices and flour and stir in alternately with the milk.
5. Fold in stiffly beaten egg whites and peel.
6. Place mixture in tin and bake for about 45 minutes.
7. When cool, spread with chocolate Butter Icing (page 81).

Leave out spices and peel for a delicious chocolate cake.

RICE BUNS

Makes 20

100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
2 medium	**eggs**
5 x 15 ml spoon (5 tbsp)	**milk**
150 g (5 oz)	**Be-Ro Self Raising Flour**
75 g (3 oz)	**ground rice**
few drops	**lemon essence**
	glacé cherries

1. Heat oven to 200°C, 400°F, Gas Mark 6. Have ready 20 paper cases or well greased patty tins.
2. Cream margarine and sugar until light and fluffy. Beat eggs with milk.
3. Mix flour and ground rice, add to creamed mixture alternately with the egg mixture. Mix well.
4. Half fill 20 paper cases with the mixture, place a piece of cherry on top of each and bake for 15-20 minutes until firm.

VARIATION

Rice Cake

Serves 8

Make as Rice Buns. Place mixture in a greased 18 cm (7 inch) cake tin and bake for about an hour in a moderate oven, 180°C, 350°F, Gas Mark 4.

MADEIRA CAKE

Serves 10

150 g (5 oz)	**butter or margarine**
150 g (5 oz)	**caster sugar**
3 medium	**eggs, lightly whisked**
225 g (8 oz)	**Be-Ro Self Raising Flour**
few drops	**lemon essence**
thin slices	**citron peel (optional)**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) cake tin.
2. Cream fat and sugar, beat in lightly whisked eggs with a little flour.
3. Add essence, then fold in the remaining flour.
4. Bake for about 1 1/4 hours. Place peel on top after half an hour in the oven.

VARIATIONS

Sultana Cake

Serves 10

Make as Madeira Cake using vanilla essence and adding 175 g (6 oz) sultanas with the last of the flour.

Apricot Cake

Serves 10

Make as Madeira Cake adding 75 g (3 oz) apricot jam to the creamed mixture and 75 g (3 oz) chopped no-soak dried apricots with the last of the flour.

CELEBRATION FRUIT CAKES

Tin sizes, recipe quantities and baking times (using Be-Ro Christmas Cake mixture page 58).

This guide will be useful when preparing wedding cakes or large celebration cakes.

Tin sizes:

A square tin holds more mixture than a round tin. For each tier, the smaller tin size gives a deeper cake.

RECIPE QUANTITIES

	Recipe Quantity	Baking time slow oven
Top Tier		
15-18 cm (6-7 inch) tin	Half quantity of recipe	3-4 hours
Second Tier		
20-23 cm (8-9 inch) tin	Exact quantity	4 hours
Third Tier		
25-28 cm (10-11 inch) tin	1 1/2 times the quantity	5-6 hours

Protecting your cake and baking times:

Protect a large cake by fastening a band of doubled brown paper round the tin 5-7.5 cm (2-3 inches) higher than the tin. Stand the tin on a thick layer of brown paper or a newspaper. Cover the cake with paper or foil after 2 hours, or if browning too quickly. Bake in a low oven 150°C, 300°F, Gas Mark 2. Always check your cake after 3 hours then every half an hour until cooked.

Brandy or Rum:

Add a small quantity to the cake when mixing and pour remainder over the cake whilst still warm. Alternatively, to soften the crust and sweeten any burnt fruit, boil together for half a minute 1 x 15 ml spoon (1 tbsp) water and 1 x 15 ml spoon (1 tbsp) sugar, remove from heat, add 1 x 15 ml spoon (1 tbsp) spirit. Brush over whole of cake. If the cake is over-baked, double or treble these quantities of syrup.

Storing and Decorating:

Wrap in greaseproof paper then foil and place upside down in an airtight container. Keep for 4 weeks before using.

Rich Almond Paste: Use underneath Royal and Fondant Icing to give a smooth surface and prevent the cake discolouring the icing. Apply 1 week before decorating with Royal Icing if time permits.

Royal Icing: The traditional finish for celebration cakes. For a softer icing and easier cutting, add 1 x 5 ml spoon (1 tsp) glycerine per 450 g (1 lb) icing sugar.

Quantities of Almond Paste and Royal Icing: Use this guide and the basic recipes on page 82 to determine the correct quantities for your cake.

QUANTITIES OF ALMOND PASTE/ROYAL ICING

Cake size	Almond Paste/Royal Icing Recipe quantity (page 82)
15-18 cm (6-7 inch) tin	Half quantity of recipe
20-23 cm (8-9 inch) tin	Exact quantity
25-28 cm (10-11 inch) tin	1 1/2 times the quantity

Applying Rich Almond Paste:

1. Level top of cake if necessary, by trimming with a knife, or adding pieces of Almond Paste.
2. Brush cake over with the egg white or sieved/thinned apricot jam.
3. Cut off one-third of Almond Paste. Dredge worktop with icing sugar and roll out remaining two-thirds of paste into a strip the depth of, and long enough to go round, the cake.
4. Press Almond Paste on to sides of cake.
5. Roll out remainder of paste into a circle, press on top of cake.
6. Smooth, all joins with a knife or rolling pin, to give a level top with a sharp edge to all sides.
7. Cover the greaseproof paper and leave to dry for about a week before decorating (if time permits).

RICH DUNDEE CAKE

300 g (10 oz)	**butter**
300 g (10 oz)	**soft brown sugar**
5 medium	**eggs, beaten**
1 x 15 ml spoon (1 tbsp)	**black treacle**
1 x 5 ml spoon (1 tsp)	**mixed spice**
pinch	**salt**
300 g (10 oz)	**Be-Ro Plain Flour**
400 g (14 oz)	**currants**
300 g (10 oz)	**sultanas**
300 g (10 oz)	**raisins**
50 g (2 oz)	**cut mixed peel**
50 g (2 oz)	**blanched almonds for decoration**

1. Heat oven to 150°C, 300°F, Gas Mark 2. Grease and line a 23 cm (9 inch) round or 20.5 cm (8 inch) square.
2. Cream butter and sugar. Add beaten eggs and treacle.
3. Mix in sifted spice and salt and fold in the flour. Add fruit and mix well.
4. Place mixture in prepared tin, arrange nuts on top and protect with brown paper (see note on page 55).
5. Bake for 4-4 1/2 hours.

An excellent long keeping, rich dark celebration cake for weddings and anniversaries.

Icing a Cake with Royal Icing:

1. Stand cake on icing table, a cake tin or inverted dinner plate.
2. Using a palette knife or broad bladed knife, cover the entire cake with an even thickness of icing.
3. For a rough surface effect, pull the icing up into peaks with the flat of the knife. Add decorations before the icing sets.
4. For a smooth finish, level top and sides with a knife. If icing sticks to knife, dip into very hot water then shake to remove surplus moisture.
5. Allow icing to harden, then secure cake to cake board with a little icing.
6. Add piped decorations, using tinted icing for added effect.

SIMNEL CAKE

175 g (6 oz)	**butter or margarine**
175 g (6 oz)	**soft brown sugar**
3 medium	**eggs**
250 g (9 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
1 x 2.5 ml spoon (1/2 tsp)	**mixed spice**
5 x 15 ml spoon (5 tbsp)	**milk**
2 x 5 ml spoon (2 tsp)	**golden syrup**
450 g (1 lb)	**currants**
50 g (2 oz)	**raisins**
100 g (4 oz)	**sultanas**
25 g (1 oz)	**glacé cherries, quartered**
100 g (4 oz)	**mixed peel, chopped**
450 g (1 lb)	**almond paste**
	apricot jam
	beaten egg to glaze

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease and line a 20.5 cm (8 inch) round cake tin.
2. Beat fat and sugar until light and fluffy. Add eggs, one at a time, with a little flour, beating well after each addition.
3. Stir in salt and spice, add milk and syrup with a little more flour. Mix well.
4. Fold in remaining flour and fruit. Place half the mixture into the prepared tin and smooth level.
5. Divide the almond paste in two. Roll out one into a 20.5 cm (8 inch) round on sugared greaseproof paper, remove from paper and place on top of the cake mixture. Cover the remaining cake mixture. Bake for about 1 hour then reduce the temperature to 140°C, 275°F, Gas Mark 1 and bake for 2 1/2 hours.
6. Allow cake to cool, divide the remaining almond paste in two. Roll one half into a 20.5 cm (8 inch) round, brush cake with apricot jam and place almond paste on top. Roll the remaining paste into eleven small balls.
7. Brush top of cake with beaten egg and place balls of paste round the edge close together, then brush again with egg.
8. Place under a hot grill to brown marzipan.

CAKES CELEBRATION FRUIT

BE-RO CHRISTMAS CAKE

350 g (12 oz)	**Be-Ro Plain Flour**
1 x 5 ml spoon (1 tsp)	**mixed spice**
100 g (4 oz)	**ground almonds**
4 medium	**eggs**
150 ml (1/4 pint)	**milk (or 1/2 milk, 1/2 brandy)**
225 g (8 oz)	**butter**
225 g (8 oz)	**caster sugar**
225 g (8 oz)	**currants**
225 g (8 oz)	**sultanas**
225 g (8 oz)	**raisins**
100 g (4 oz)	**glacé cherries, halved**
100 g (4 oz)	**cut mixed peel**

1. Heat oven to 150°C, 300°F, Gas Mark 2. Grease and line a 23 cm (9 inch) round or 20.5 cm (8 inch) square tin.
2. Sieve together flour, spice and ground almonds. Beat eggs with milk.
3. Cream butter and sugar, stir in flour mixture and egg mixture alternately, a little at a time.
4. Lastly add fruit. Mix thoroughly. Place mixture in prepared tin and protect with brown paper (see note on page 55).
5. Bake for about 3 1/2-4 hours.

If you prefer a more open texture use self raising flour in place of plain.

WHISKING METHOD

A true sponge contains no fat. The eggs and sugar are whisked together until thick and creamy, leaving a trail when the whisk is removed.

An electric mixer facilitates whisking but with hand whisking, placing the bowl over hot water helps to give a faster result.

Then gently fold in the flour with a metal spoon or spatula. Avoid opening the oven door during baking time.

SPONGE SANDWICH BASIC RECIPE Serves 8

2 medium	**eggs**
75 g (3 oz)	**caster sugar**
75 g (3 oz)	**Be-Ro Self Raising Flour**

1 Heat oven to 180°C, 350°F, Gas Mark 4. Grease an 18 cm (7 inch) cake tin.

2 Break eggs into bowl, whisk lightly, add sugar and whisk well until thick, creamy and almost white in colour.

3 Lightly fold in the flour. Place mixture into prepared tin and bake for about 30 minutes.

4 When cool, slice and spread with jam and cream or other filling.

If cake is very fresh warm the jam to help it spread.

SWISS ROLL Serves 10

Be-Ro Basic Sponge Sandwich mixture (page 59)
jam or lemon curd
caster sugar

1 Heat oven to 220°C, 425°F, Gas Mark 7. Grease and line a Swiss roll tin with greased paper.

2 Pour mixture into prepared tin and bake for about 7-8 minutes. Do not overbake or it will crack when rolled.

3 Turn out on to sugared grease proof paper, remove lining paper and trim edges.

4 Spread quickly with slightly warmed jam.

5 Working from the narrow end, make first roll with the fingers then continue by drawing the paper away from you over the sponge.

6 Leave to cool, resting on the seam. Dredge with caster sugar.

Chocolate Swiss Roll

Use Be-Ro Basic Sponge Sandwich recipe but substitute 25 g (1 oz) cocoa for 25 g (1 oz) flour. Make as plain Swiss roll. When baked, roll up with a piece of greaseproof paper in place of the jam. Allow to cool, then gently unroll, remove paper and spread with vanilla Butter Icing. Then re-roll.

Chocolate Log

Make as for Chocolate Swiss Roll, fill with either vanilla or chocolate Butter Icing. Coat with chocolate Butter Icing. Mark with a fork and arrange decoration.

SPONGE DROPS Makes 10

Be-Ro Basic Sponge Sandwich mixture (page 59)
Jam and whipped cream

1 Heat oven to 200°C, 400°F, Gas Mark 6. Grease a baking tray.

2 Place small spoonfuls, well apart, on the baking tray and bake for about 5 minutes.

3 When cold sandwich together with jam or cream.

MADALEINES Makes 8

Be-Ro Basic Sponge Sandwich mixture (page 59)
jam or lemon curd
desiccated coconut

1 Heat oven to 200°C, 400°F, Gas Mark 6. Grease dariole moulds or patty tins.

2 Place the mixture in prepared tins and bake for about 10 minutes.

3 When cold, coat with jam or lemon curd, roll in desiccated coconut and decorate with glacé cherries.

SPONGE FLAN

Serves 8

Be-Ro Basic Sponge Sandwich mixture (page 59)
Strawberries or other fruit, canned, bottled or fresh
jelly or arrowroot glaze (page 82)

1. Heat oven to 220°C, 425°F, Gas Mark 7. Grease a 20.5 cm (8 inch) sponge flan tin.
2. Pour sponge mixture into prepared tin and bake for about 7 minutes.
3. Turn out and allow to cool. Fill with fruit (well drained if it is canned or bottled).
4. Glaze with 150 ml (1/4 pint) jelly which is almost at setting point or an arrowroot glaze (page 82).

MELTING METHOD

Cakes made by this method have a lovely moist, sticky texture. They have good keeping qualities. These cakes should ideally be left a day before cutting as this enhances the flavour and allows the crust to soften.

EASY FRUIT CAKE

Serves 8

350 g (12 oz)	**mixed dried fruit**
100 g (4 oz)	**caster sugar**
100 g (4 oz)	**butter or margarine**
150 ml (1/4 pint)	**water**
1 medium	**egg**
225 g (8 oz)	**Be-Ro Self Raising Flour**

1. Heat oven to 150°C, 300°F, Gas Mark 2. Grease an 18 cm (7 inch) cake tin.
2. Place fruit, sugar, margarine and water in a pan, simmer slowly with the lid on for 20 minutes.
3. Allow to cool, then add beaten egg and stir in the flour.
4. Pour into prepared tin and bake for about 1 1/2 hours.

GINGERBREAD

Serves 12

225 g (8 oz)	**Be-Ro Plain Flour**
pinch	**salt**
2 x 5 ml spoon (2 tsp)	**ground ginger**
1 x 5 ml spoon (1 tsp)	**mixed spice**
1 x 5 ml spoon (1 tsp)	**bicarbonate of soda**
50 g (2 oz)	**soft brown sugar**
100 g (4 oz)	**margarine**
175 g (6 oz)	**black treacle**
50 g (2 oz)	**golden syrup**
150 ml (1/4 pint)	**milk**
2 medium	**eggs, beaten**
50 g (2 oz)	**sultanas, (optional)**

1. Heat oven to 150°C, 300°F, Gas Mark 2. Grease an 18 cm (7 inch) square deep cake tin.
2. Sieve together flour, salt, ginger, spice and bicarbonate of soda. Stir in the sugar.
3. Melt margarine, treacle and syrup gently. Gradually beat in milk and allow to cool.
4. Add the beaten eggs and mix well. Stir treacle mixture into the flour and add sultanas.
5. Pour mixture into prepared tin and bake for about 1 1/4 hours.

BROWNIES

Serves 12

100 g (4 oz)	**margarine**
50 g (2 oz)	**plain chocolate**
175 g (6 oz)	**dark soft brown sugar**
2 medium	**eggs, beaten**
1 x 2.5 ml spoon (1/2 tsp)	**vanilla essence**
100 g (4 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**chopped walnuts**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a tin 28 x 18 cm (11 x 7 inch).
2. Melt the margarine and chocolate over hot water. Remove from heat and cool.
3. Stir in sugar and add eggs, mixed with vanilla essence.
4. Mix in flour, salt and nuts.
5. Pour the mixture into the tin and bake for about 25-30 minutes until top is crispy and inside soft.
6. Leave in the tin until cold before cutting into squares.

COCONUT LIME LOAF — 10 slices

100 g (4 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**soft tub margarine**
100 g (4 oz)	**caster sugar**
25 g (1 oz)	**desiccated coconut**
1	**lime, grated rind only**
2 medium	**eggs**
1 x 15 ml spoon (1 tbsp)	**milk**
Topping:	
2 x 15 ml spoon (2 tbsp)	**caster sugar**
1	**lime, juice only**
	coconut for sprinkling

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease and line the base of a 1 lb loaf tin.
2. Place all the cake ingredients, in a bowl and beat well until light and fluffy.
3. Spoon into the tin and smooth level and bake for about 45 minutes until risen golden brown and firm to the touch. Cool in the tin 5 minutes.
4. Mix together the sugar and lime juice. Turn the cake out and stand on a plate. Slowly spoon the lime mixture over the cake allowing to soak in. Sprinkle the cake with coconut.

Decorate with extra lime rind for a colourful finish.

ORANGE FROSTED CARROT CAKE — 12 squares

225 g (8 oz)	**Be-Ro Self Raising Flour**
1 x 2.5 ml spoon (1/2 tsp)	**ground mixed spice**
150 g (5 oz)	**soft dark brown sugar**
150 g (5 oz)	**carrots, peeled and grated**
2 medium	**eggs**
150 ml (1/4 pint)	**corn or sunflower oil**
2 x 15 ml spoon (2 tbsp)	**milk**
To finish:	
50 g (2 oz)	**butter**
2 x 15 ml spoon (2 tbsp)	**orange juice**
1/2	**orange, grated rind only**
225 g (8 oz)	**icing sugar**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease and line the base of an 28 x 18 cm (11 x 7 inch) oblong tin.
2. Place the flour and mixed spice in a large bowl and mix thoroughly. Stir in sugar and carrots. Make a well in the centre and add the eggs, oil and milk. Beat well with a wooden spoon until evenly blended.
3. Place in the prepared tin and bake for 40 minutes. Turn out from the tin and cool on a wire rack.
4. Melt the butter, orange juice and rind in a saucepan, beat in the icing sugar until smooth. Swirl over the cake and cut into 12 squares.

CREAMY CHICKEN & GARLIC PARCEL — Serves 4

Filling:	
225 g (8 oz) chopped	**cooked chicken**
150 g (5 oz)	**cream cheese with garlic and herbs**
75 g (3 oz)	**mushrooms, chopped**
1 x 15 ml spoon (1 tbsp)	**fresh parsley, chopped**
	freshly ground black pepper
Pastry:	
175 g (6 oz)	**Be-Ro Short Pastry (page 22) adding 1 x 15 ml spoon (1 tbsp) chopped fresh parsley after rubbing in the fat**
	Beaten egg or milk to glaze

1. Heat oven to 200°C, 400°F, Gas Mark 6. Have ready a baking tray.
2. Thoroughly mix together all the filling ingredients.
3. Prepare the pastry then roll out to a 30 cm (12 inch) square and place on the baking tray.
4. Pile the ingredients into the middle of the pastry. With the back of a spoon firmly press ingredients together. Brush edges with milk, fold corners to the centre sealing edges. Brush with beaten egg or milk and bake for 35 minutes until golden brown.

HAM & COURGETTE SCONES — Makes 8

225 g (8 oz)	**Be-Ro Self Raising Flour**
	salt and freshly ground black pepper
50 g (2 oz)	**margarine**
1 x 2.5 ml spoon (1/2 tsp)	**dried oregano**
50 g (2 oz)	**wafer thin ham finely chopped**
1	**courgette, coarsely grated**
1 medium	**egg, beaten with enough milk to make 100 ml (4 fl oz) liquid**

1. Heat oven to 200°C, 400°F, Gas Mark 6. Have ready a baking tray.
2. Mix flour and seasoning in a bowl, rub in margarine and stir in the oregano, ham and courgette.
3. Stir in the egg and milk, reserving a little for brushing the tops, and mix to a soft dough. Knead lightly on a floured surface and pat out to a thickness of about 2 cm (1 inch) and cut out into 6.5 cm (2 1/2 inch) rounds. Re-roll trimmings and cut more rounds.
4. Brush the tops and reserved egg and milk liquid and bake for 10 minutes until risen and golden brown. Delicious served with soup.

SPEEDY PAN PIZZA

Serves 2

225g (8 oz)	**Be-Ro Self Raising Flour**
1 x 5 ml spoon (1 tsp)	**dried basil**
pinch	**salt**
	freshly ground black pepper
5 x 15 ml spoon (5 tbsp)	**olive oil**
2 x 15 ml spoon (2 tbsp)	**tomato purée**
150 g (5 oz)	**mature Cheddar cheese, grated**
	dried basil
toppings of your choice, e.g. fresh tomato, olives, herbs, mushrooms	

1 Place flour, basil, salt and pepper in a bowl. Make a well in the centre, add 3 x 15 ml spoon (3 tbsp) oil and about 6 x 15 ml spoon (6 tbsp) water. Stir with a round bladed knife until the mixture makes large crumbs then bring together to make a dough, adding more water if necessary.

2 Knead lightly, then roll into a round to fit the base of a 25 cm (10 inch) frying pan.

3 Heat 1 x 15 ml spoon (1 tbsp) oil in the pan. Place dough in the pan and cook over a moderate heat for 5 minutes. Turn the pizza out onto an oiled plate. Heat 1 x 15 ml spoon (1 tbsp) oil in the pan and cook the reverse side of the pizza for 5 minutes.

4 Meanwhile spread the tomato puree over the pizza and sprinkle on half the cheese. Arrange on the toppings of your choice, finish with herbs and remaining cheese.

5 When the underside is cooked, place the frying pan under a pre-heated grill and cook for about 3 minutes until the cheese is melted and toppings are heated.

CHOCOLATE & GINGER COOKIES

Makes 16

125 g (4 oz)	**block margarine**
75 g (3 oz)	**light brown soft sugar**
1 medium	**egg yolk**
150 g (5 oz)	**Be-Ro Self Raising Flour**
50 g (2 oz)	**stem ginger, finely chopped**
75 g (3 oz)	**plain dark chocolate, roughly chopped**

1 Heat oven to 180°C, 350°F, Gas Mark 4. Grease two baking trays.

2 Beat the margarine until soft, add the sugar and beat until light and fluffy. Repeat with the egg yolk.

3 Stir in the flour, ginger and chocolate and mix until all the ingredients are thoroughly combined.

4 Place spoonfuls of the mixture on the baking trays quite well apart. Bake for about 10 minutes until lightly golden. Carefully remove from the tray and place on a wire rack to cool.

STRAWBERRY MUFFINS

Makes 9 muffins

175 g (6 oz)	**Be-Ro Self Raising Flour**
50 g (2 oz)	**soft margarine**
50 g (2 oz)	**caster sugar**
2 medium	**eggs**
4 x 15 ml spoon (4 tbsp)	**milk**
1 x 2.5 ml spoon (½ tsp)	**vanilla essence**
150 g (5 oz)	**strawberry conserve**
6	**white sugar lumps, crushed**

1 Heat oven to 200°C, 400°F, Gas Mark 6. Grease a muffin tray or use paper muffin cases.

2 Place in a bowl and mash in the margarine using a fork. Stir in the sugar, eggs milk and essence and beat to a smooth consistency. Gently stir in the conserve, just enough to make a marbled effect.

3 Spoon the mixture into the muffin cases dividing it equally. Sprinkle with crushed sugar lumps and bake for 20-25 minutes until well risen and brown. Leave to stand for a few minutes then cool on a wire rack.

Use 18 patty tins in place of a muffin tray. Reduce baking time to 15-20 minutes.

BROWN SUGAR APPLE PIE

Serves 6

175 g (6 oz)	**Be-Ro Short Pastry (page 22) adding 2 x 15 ml spoon (2 tbsp) caster sugar after rubbing in the fat**
1 x 375 g can	**apple slices**
1	**dessert apple such as Granny Smith, peeled and sliced**
4 x 15 ml spoon (4 tbsp)	**soft brown sugar**
50 g (2 oz)	**butter**
2 x 15 ml spoon (2 tbsp)	**bottle lemon juice**

1 Heat oven to 200°C, 400°F, Gas Mark 6. Have ready a 23 cm (9 inch) pie dish.

2 Prepare the pastry, cover and set aside in a cool place to rest.

3 Place all the apple slices in the pie plate. Sprinkle over the sugar and dot over the butter. Spoon over the lemon juice.

4 Roll out the pastry and cover the pie plate. Trim the edges and re-roll trimmings to make decoration if wished. Crimp the edges of the pie and make a small hole in the top. Bake for 25 minutes until golden brown. Leave to stand for 5-10 minutes before serving.

EVES PUDDING

Serves 6

Be-Ro Basic Victoria Sandwich mixture (page 50)	
675 g (1½ lb)	**cooking apples, peeled and cored**
50 g (2 oz)	**sugar**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an ovenproof dish.
2. Thinly slice apples and layer in dish with sugar.
3. Prepare cake mixture and use to cover the apples. Bake for about 40 minutes.

COUNTESS PUDDING

Serves 4

75 g (3 oz)	**margarine**
75 g (3 oz)	**caster sugar**
75 g (3 oz)	**Be-Ro Self Raising Flour**
1 medium	**egg, beaten**
2 x 15 ml spoon (2 tbsp)	**milk**
50 g (2 oz)	**currants**
few drops	**vanilla essence**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease an ovenproof dish.
2. Cream margarine and sugar.
3. Beat in flour alternately with the beaten egg and milk.
4. Add currants and vanilla essence, mix well. Place in prepared dish and bake for about 30 minutes.

FRUIT CRUMBLE

Serves 4

350 g (12 oz)	**fruit**
50 g (2 oz)	**margarine**
100 g (4 oz)	**Be-Ro Self Raising Flour**
50 g (2 oz)	**sugar**

1. Heat oven to 190°C, 375°F, Gas Mark 5.
2. Place sweetened fresh fruit or canned fruit in ovenproof dish.
3. Rub fat into flour until it resembles breadcrumbs.
4. Add sugar, mix thoroughly and spread evenly over the fruit. Bake for about 30 minutes until fruit is cooked and top is golden.

UPSIDE-DOWN PEACH & BUTTERSCOTCH PUDDING

Serves 6

40 g (1½ oz)	**margarine**
50 g (2 oz)	**soft brown sugar**
1 x 410 g (14 oz) can	**peach slices, drained**
TOPPING: **Be-Ro Basic Victoria Sandwich mixture (page 50)**	

1. Heat oven to 180°C, 350°F, Gas Mark 4.
2. Melt margarine in a saucepan, stir in the sugar then pour into a greased 20 cm (8 inch) sandwich tin. Arrange the peach slices in the butterscotch.
3. Place the Victoria Sandwich mixture on top of the peaches and spread evenly. Bake for about 30 minutes.
4. Leave to stand for a few minutes then turn out and serve warm.

STEAMED PUDDINGS

Hints and Tips for Steaming

1. Fill pudding basins only 2/3 full to allow room for expansion.
2. Cover puddings with a double layer of greaseproof paper or foil. Fold a pleat in the covering to allow room for the pudding to expand.
3. Seal the edges well and secure with string making a handle for lifting the basin in and out of the pan.
4. To prevent your saucepan from discolouring during steaming add a little lemon juice or vinegar to the water.

Microwave

Steamed puddings can be cooked in the microwave oven in a fraction of the time.

Fill the pudding basin up to two thirds, cover loosely to allow steam to escape and microwave on FULL power for 4 minutes 650w (3 1/2 minutes 800w).

The pudding is cooked when it is firm and just dry on the surface.

Do not put syrup or jam in the bottom of the basin as it may burn. Heat separately and serve with the pudding.

STEAMED SPONGE PUDDING BASIC RECIPE

Serves 6

100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
2 medium	**eggs**
225 g (8 oz)	**Be-Ro Self Raising Flour**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Grease a 1.2 litre (2 pint) pudding basin. Cream margarine and sugar, beat in the eggs one at a time with a little flour.
2. Fold in the remaining flour and milk. Place mixture in prepared basin.
3. Cover with pleated greaseproof paper or foil and steam for 1 1/2 hours. Serve with custard or sauce.

VARIATIONS

Fruit Sponge

Add 100 g (4 oz) dried fruit to basic recipe.

Cherry Sponge

Place 75 g (3 oz) glacé cherries in the basin before adding the basic mixture.

Jam or Syrup Sponge

Place 3 x 15 ml spoon (3 tbsp) jam or syrup in the basin before adding the basic recipe.

Chocolate Sponge

Replace 25 g (1 oz) flour with 25 g (1 oz) cocoa powder.

GINGER PUDDING

Serves 6

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
2 x 5 ml spoon (2 tsp)	**ground ginger**
50 g (2 oz)	**margarine**
50 g (2 oz)	**caster sugar**
2 x 15 ml spoon (2 tbsp)	**golden syrup**
2 medium	**eggs**
2 x 15 ml spoon (2 tbsp)	**milk**

1. Grease a 1.2 litre (2 pint) pudding basin.
2. Mix flour, salt and ginger.
3. Rub in margarine and mix in the other ingredients.
4. Place mixture in prepared basin. Cover with pleated greaseproof paper or foil and steam for about 1 1/2 hours.

To give more flavour add 25 g (1 oz) stem ginger roughly chopped to the mixture before steaming.

RICH CHRISTMAS PUDDING — Serves 10

100 g (4 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
1 x 2.5 ml spoon (1/2 tsp)	**grated nutmeg**
1 x 2.5 ml spoon (1/2 tsp)	**mixed spice**
75 g (3 oz)	**Atora shredded suet**
100 g (4 oz)	**raisins**
100 g (4 oz)	**sultanas**
100 g (4 oz)	**currants**
100 g (4 oz)	**soft brown sugar**
50 g (2 oz)	**mixed peel**
1/2	**lemon, grated rind**
2 medium	**eggs**
2 x 15 ml spoon (2 tbsp)	**brandy or milk**

1. Grease a 1.2 litre (2 pint) pudding basin, place a small round of greaseproof paper in the bottom to prevent sticking.
2. Mix together the dry ingredients.
3. Add eggs, brandy or milk and mix well.
4. Place mixture in prepared basin, cover with greaseproof paper and foil or a pudding cloth.
5. Steam for 8 hours. Allow to cool completely then store in a cool dry place.
6. When required steam for 2 hours before using.

The addition of spirit helps the pudding keep.

SPOTTED DICK — Serves 4

100 g (4 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
50 g (2 oz)	**Atora shredded suet**
50 g (2 oz)	**caster sugar**
50 g (2 oz)	**currants**
50 g (2 oz)	**mixed peel**
1 medium	**egg, beaten**
4 x 15 ml spoon (4 tbsp)	**milk**

1. Grease a 600 ml (1 pint) pudding basin.
2. Mix together the dry ingredients.
3. Add the egg and sufficient milk to produce a smooth dropping consistency.
4. Place the mixture into prepared pudding basin.
5. Cover with pleated greaseproof paper and foil and steam for about 1 1/2 hours.
6. Turn out and serve hot with custard or syrup.

CUMBERLAND PUDDING — Serves 6

75 g (3 oz)	**Be-Ro Self Raising Flour**
75 g (3 oz)	**fresh breadcrumbs**
75 g (3 oz)	**Atora shredded suet**
pinch	**salt**
75 g (3 oz)	**soft brown sugar**
1	**lemon, grated rind only**
1 large	**cooking apple**
1 x 15 ml spoon (1 tbsp)	**syrup**
2 medium	**eggs, beaten**

1. Grease a 1.2 litre (2 pint) pudding basin.
2. Mix together the flour, breadcrumbs, suet, salt, sugar and lemon rind.
3. Peel, core and finely chop the apple. Stir into the flour mixture with the syrup, eggs and mix thoroughly.
4. Place mixture in prepared basin. Cover with pleated greaseproof paper and foil and steam for 1 1/2 hours.
5. Turn out and serve hot with custard.

MAPLE SYRUP & WALNUT PUDDING — Serves 8

175 g (6 oz)	**Be-Ro Self Raising Flour**
65 g (2 1/2 oz)	**chopped walnuts**
75 g (3 oz)	**Atora shredded suet**
75 g (3 oz)	**caster sugar**
1 medium	**egg, beaten**
5 x 15 ml spoon (5 tbsp)	**maple syrup**
	milk to mix

1. Grease a 1.2 litre (2 pint) pudding basin.
2. Mix together the dry ingredients and 40 g (1 1/2 oz) walnuts.
3. Add the egg, 2 x 15 ml spoon (2 tbsp) of the syrup and sufficient milk to produce a smooth dropping consistency.
4. Place the remaining syrup and walnuts in the bottom of the basin and place the pudding mixture on top.
5. Cover with pleated greaseproof paper and foil and steam for 1 1/2 hours. Turn out and serve hot with extra maple syrup.

A batter is a smooth mixture of flour, milk (or milk and water), and generally an egg. The mixture is beaten well, as the name implies, and in the process air is incorporated in the mixture. This air expands in cooking to give a light texture.

POURING BATTER BASIC RECIPE

100 g (4 oz)	**Be-Ro Plain Flour**
pinch	**salt**
1 medium	**egg**
300 ml (1/2 pint)	**milk (or milk and water)**

1. Mix flour and salt in a basin, make a hollow in the centre and drop in egg.
2. Stir with a wooden spoon and add liquid gradually, until all the flour is worked in.
3. Beat well and add remaining liquid.

The consistency should be like single cream.

PANCAKES

Makes 8

1. For each pancake, heat a small amount of oil in the frying pan. When it begins to smoke, stir the batter and place approximately 3 x 15 ml spoon (3 tbsp) into the pan.
2. When golden brown underneath, turn and cook other side.
3. Turn out on greaseproof paper, sprinkle with sugar and roll up.
4. Place on a hot dish and serve immediately with syrup, lemon or orange juice.

Pancakes keep well in the refrigerator or freezer.

VARIATION

Savoury Pancakes

Make pancakes, fill with cooked chicken or ham, fish or cheese mixed with a little Coating White Sauce (page 81) and re-heat.

YORKSHIRE PUDDING

Makes 12

	Be-Ro Pouring Batter
15 g (1/2 oz)	**dripping or lard**

1. Heat oven to 230°C, 450°F, Gas Mark 8.
2. Heat oil or fat in shallow tin or 12 patty tins. Place in oven until haze appears.
3. Pour all the batter into the tin, or almost fill patty tins. Bake for about 30 minutes for a large pudding, 20 minutes for small ones.

TOAD IN THE HOLE

Serves 4

	Be-Ro Pouring Batter
450 g (1 lb)	**sausages**

1. Heat oven to 220°C, 425°F, Gas Mark 7.
2. Place sausages in a shallow dripping tin and cook for about 10 minutes.
3. Pour batter over the partly cooked sausages and cook for a further 30 minutes.

FRITTER BATTER BASIC RECIPE

100 g (4 oz)	**Be-Ro Plain Flour**
2 x 5 ml spoon (2 tsp)	**baking powder**
pinch	**salt**
150 ml (1/4 pint)	**water**
1 x 15 ml spoon (1 tbsp)	**oil**

This crisp, golden batter is ideal for coating fish and vegetables e.g. onion rings, mushrooms, cauliflower, as well as fruit.

1. Mix flour, baking powder and salt. Gradually beat in water and oil.
2. Deep fat fry in oil heated to 180°C, 350°F.

The batter should be thick enough to coat the back of a wooden spoon and the consistency of double cream.

APPLE FRITTERS

	Be-Ro Fritter Batter
	cooking apples
	oil or fat for frying
	caster sugar

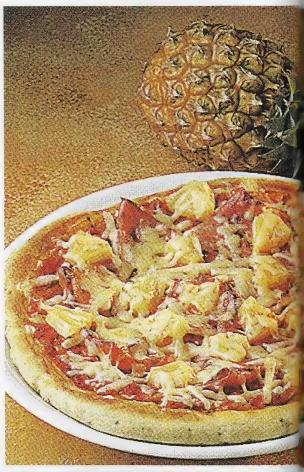
1. Peel, core apples and cut into rings.
2. Coat rings with batter and deep fry in oil heated to 180°C, 350°F cook both sides until golden brown.
3. Drain on absorbent paper, toss in caster sugar and serve hot.

Try coating pineapple rings, sliced bananas or pear wedges as an alternative.

COOKING IN YOUR MICROWAVE

Cooking in a microwave oven is quick, clean and economical. The following recipes have been tested in a 650w and 800w microwave oven. However the timings are a guide as all ovens vary in performance. For ovens of a lower wattage than 650 extra time may be required and for ovens of a higher wattage than 800 less time should be allowed. Generally food continues to cook after it has been taken from the oven so should be slightly undercooked at this stage as standing time will complete the cooking.

Refer to your manufacturers handbook for guidance on suitable containers and for handy hints and tips.



HAM & PINEAPPLE PIZZA

Serves 4

TOMATO TOPPING:	
1 small	**onion, finely chopped**
2 x 5 ml spoon (2 tsp)	**oil**
1 x 227 g (8 oz) can	**chopped tomatoes, well drained**
2 x 5 ml spoon (2 tsp)	**tomato purée**
	salt and freshly ground black pepper
PIZZA BASE:	
225 g (8 oz)	**Be-Ro scone dough**
1 x 5 ml spoon (1 tsp)	**dried mixed herbs**
TOPPING:	
8 slices	**smoked ham, wafer thin**
2	**pineapple rings, chopped**
100 g (4 oz)	**Cheddar cheese, grated**

1. Grease a 23 cm (9 inch) microwave suitable plate.
2. Place onion and oil in a bowl and cook on FULL power for 3 minutes 650w (2 1/2 minutes 800w), stirring after every minute. Add the drained tomatoes, tomato purée and seasonings and stir well.
3. Make scone base as shown on page 6 adding mixed herbs with the flour. Roll the dough to fit the greased plate.
4. Spread over the tomato topping and place the ham and pineapple over the base and cook on FULL power for 7 minutes 650w (6 1/2 minutes 800w).
5. Sprinkle the cheese over the top and place under the grill until browned.

LEMON DUMPLINGS

Serves 4

4 x 15 ml spoon (4 tbsp)	**lemon curd**
1	**lemon, grated rind and juice**
2 x 15 ml spoon (2 tbsp)	**water**
100 g (4 oz)	**Be-Ro Self Raising Flour**
50 g (2 oz)	**Atora shredded suet**
25 g (1 oz)	**caster sugar**

1. Mix together lemon curd, lemon juice and water and pour into a casserole dish which has a good fitting lid.
2. Mix flour, suet, sugar and grated lemon rind with sufficient cold water to form a soft dough.
3. Divide dough equally into 8 and shape into balls. Place on top of sauce, cover and cook on FULL power for 3 1/2 minutes 650w (3 minutes 800w).

COFFEE & BRANDY GATEAU

Serves 10

SPONGE:	
150 g (5 oz)	**butter or margarine**
150 g (5 oz)	**caster sugar**
3 medium	**eggs, beaten**
225 g (8 oz)	**Be-Ro Self Raising Flour**
SYRUP:	
450 ml (3/4 pint)	**water**
225 g (8 oz)	**sugar**
3 x 15 ml spoon (3 tbsp)	**instant coffee**
3 x 15 ml spoon (3 tbsp)	**brandy**
TO DECORATE:	
300 ml (1/2 pint)	**double cream, whipped**
	flaked almonds

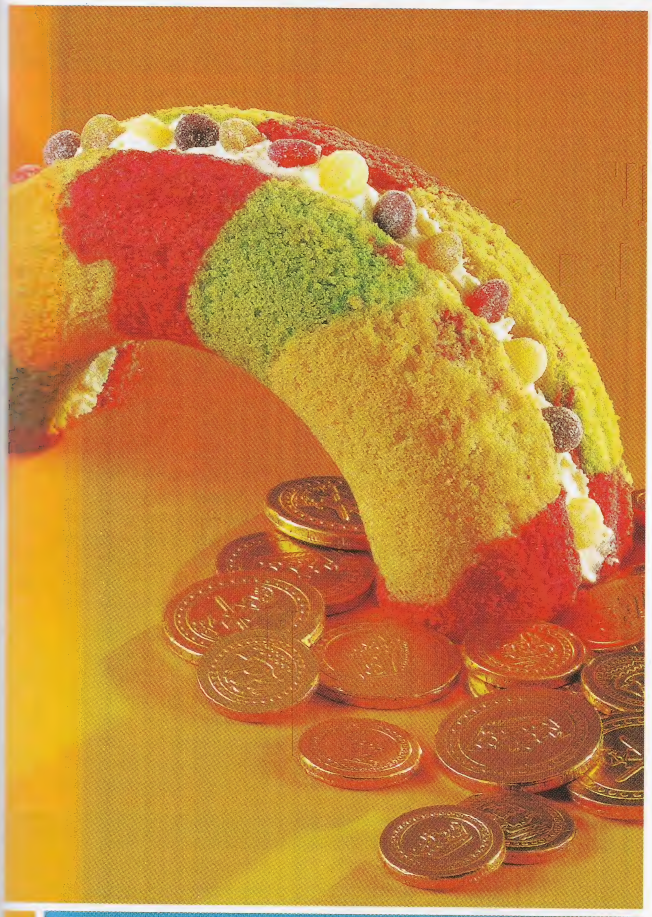
1. Grease and line an 18 cm (7 inch) microwave container.
2. Cream fat and sugar together, beat in eggs with a little of the flour, then fold in the remaining flour.
3. Place mixture in prepared container and cook on FULL power for 4 1/2 minutes 650w (4 minutes 800w). Leave to stand whilst making the syrup.
4. To make the syrup: place the water and sugar in a bowl and cook on FULL power for 2 1/2 minutes 650w (2 minutes 800w), stir after every minute until the sugar has dissolved.
5. Stir in the coffee and brandy until the coffee has dissolved.
6. Make holes all over the cake using a fine skewer and pour the syrup evenly over the cake and leave to soak for at least 4 hours.
6. Cover the cake with cream and decorate with almonds. Store in a cool place.

MONSTER FACED PIZZA

Serves 8

TOMATO TOPPING:	
2 x 5 ml spoon (2 tsp)	**oil**
1 small	**onion, finely chopped**
1 x 227 g (8 oz) can	**chopped tomatoes, drained**
1 x 5 ml spoon (1 tsp)	**dried mixed herbs**
2 x 5 ml spoon (2 tsp)	**tomato purée**
PIZZA BASE:	
225 g (8 oz)	**Be-Ro plain scone recipe**
TOPPING:	
2	**stuffed green olives, halved**
2	**green pepper rings**
4	**cheese slices**

1. Heat oven to 220°C, 425°F, Gas Mark 7. Grease a baking tray.
2. Heat oil in saucepan and fry onion until softened, remove from heat. Add the remaining topping ingredients and mix well.
3. Make scone dough as shown on page 6 and roll out to a 20.5 cm (8 inch) circle. Place on prepared tray.
4. Spread over the tomato topping and place stuffed olives for the eye balls and nose, and cheese and pepper slices for the eyes, 1 cheese slice cut zig-zag for the mouth, 2 cheese slices chopped for the hair.
5. Place in the oven and cook for about 25 minutes until the scone is firm, the cheese has melted and the tomato bubbling.



RAINBOW CAKE

Serves 10

100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
100 g (4 oz)	**Be-Ro Self Raising Flour**
2 medium	**eggs**
few drops	**red food colouring**
few drops	**green food colouring**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a 23 cm (9 inch) ring mould.
2. Place all the ingredients except the food colouring in a bowl and beat well together.
3. Divide the mixture into 3 bowls, colour one with the red colouring, one with the green colouring and leave the remaining one plain.
4. Place the mixtures into the prepared container and swirl together gently with a knife. Bake for about 20-25 minutes.
5. Remove from the container and leave to cool on a wire rack.
6. When cool cut the cake in half to make 2 semi circles.
7. When cool sandwich together with Butter Icing (page 81) decorate with jelly sweets and stand upright to make a rainbow.

To avoid adding too much food colouring; place a drop onto a teaspoon before adding to the mixture.

STAINED GLASS WINDOW & ANIMAL BISCUITS

225 g (8 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**caster sugar**
100 g (4 oz)	**butter or margarine**
1/2	**lemon, grated rind and juice**
1 medium	**egg, beaten**
14	**boiled sweets**
	currants

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease 4 baking trays.
2. Mix flour and sugar, rub in fat.
3. Add lemon rind and juice and sufficient egg to make a stiff dough.
4. **For Stained Glass Windows:** Roll out half the dough thinly, cut into 7.5 cm (3 inch) rounds. With a star cutter cut out the middle of each round and place on baking tray. Re-roll spare dough. Make a hole at the top of each biscuit with a skewer to thread the cotton through.
5. Bake for about 7 minutes. Place a boiled sweet in the centre of each biscuit and bake for a further 4 minutes until the sweet has melted. Leave to stand for 1 minute, then carefully remove from tray and leave to cool on a wire rack. Hang by a window.
6. **For Animal Biscuits:** Roll out dough thinly and using your favourite animal cutters cut out the dough. Place on baking trays with currant pieces for the eyes and bake for about 10 minutes. Remove from trays and leave to cool on a wire rack.

STICKY BLOBS — Makes 24

225 g (8 oz)	**Be-Ro Self Raising Flour**
pinch	**salt**
100 g (4 oz)	**margarine**
100 g (4 oz)	**caster sugar**
1 medium	**egg, beaten**
	milk to mix
	jam

1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease a baking tray.
2. Mix the flour and salt, rub in fat and stir in the sugar.
3. Mix to a stiff dough with the egg and the milk.
4. Roll into walnut sized balls and make a hole in the centre by pressing in your thumb. Place on a baking tray.
5. Fill each hole with the jam and bake for about 15 minutes until golden brown.
6. Place on a wire rack to cool.

AUSTRALIAN CRUNCHIE — Makes 24

225 g (8 oz)	**margarine**
150 g (5 oz)	**caster sugar**
75 g (3 oz)	**desiccated coconut**
75 g (3 oz)	**crushed cornflakes**
1 x 15 ml spoon (1 tbsp)	**cocoa powder, sieved**
150 g (5 oz)	**Be-Ro Self Raising Flour**
100 g (4 oz)	**chocolate melted (optional)**

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a swiss roll tin 31 x 21 cm (12 1/2 x 8 inch).
2. Melt the margarine over a low heat.
3. Stir in the sugar, coconut, cornflakes, cocoa and flour. Mix well.
4. Turn into the tin and level with a knife. Bake for 20 minutes.
5. When almost cold cut into squares or triangles.
6. Cover with melted chocolate if wished.

SAUCES

A sauce is a well-flavoured liquid thickened to a suitable consistency and used in the preparation of dishes, or as a dressing, coating or filling.

Whether preparing a sweet or savoury sauce, follow the basic recipe and add the appropriate flavour.

WHITE SAUCE

POURING WHITE SAUCE:

40 g (1½ oz)	**butter**
40 g (1½ oz)	**Be-Ro Plain Flour**
600 ml (1 pint)	**milk**
	seasoning or flavouring as desired

COATING WHITE SAUCE:

50 g (2 oz)	**butter**
50 g (2 oz)	**Be-Ro Plain Flour**
600 ml (1 pint)	**milk**
	seasoning or flavouring as desired

1. Melt butter in a saucepan over moderate heat.
2. Add flour and beat until smooth, remove from heat.
3. Add milk, a little at a time, and beat well.
4. Bring to the boil and cook gently for 2-3 minutes, stirring all the time.

This completes the cooking of the starch in the flour.

Rich White Sauce

Add an extra 50 g (2 oz) butter to the completed sauce after it has cooled slightly.

SAVOURY SAUCES

Basis
600 ml (1 pint) White Sauce, 1 x 2.5 ml (½ tsp) salt, pinch pepper.

Cheese
Add 100-175 g (4-6 oz) grated cheese and 1 x 2.5 ml spoon (½ tsp) made mustard.

Parsley
Add 1 x 15 ml spoon (1 tbsp) chopped parsley after cooking.

Onion
Add 225 g (8 oz) cooked, chopped onion.

Mushroom
Add 50 g (2 oz) finely chopped cooked mushrooms.

Shrimp or Prawn
Add 100 g (4 oz) chopped shrimps or prawns.

SWEET SAUCES

Basis
600 ml (1 pint) White Sauce.
flavour with:

Vanilla
Add 1 x 15 ml spoon (1 tbsp) sugar and a few drops of vanilla essence.

Marmalade
Add 2-3 x 15 ml spoon (2-3 tbsp) marmalade after cooking.

Mocha
Add 1 x 15 ml spoon (1 tbsp) grated chocolate and 1 x 2.5 ml spoon (½ tsp) coffee essence, then bring to the boil again for 2 minutes.

ICINGS & FILLINGS

BUTTER ICING (BUTTERCREAM)

Sufficient to sandwich 15-18 cm (6-7 inch) cake

50 g (2oz)	**butter or margarine**
100 g (4 oz)	**sieved icing sugar**
	flavouring and colouring as required

1. Cream fat, gradually add icing sugar and cream together.
2. Add flavouring and colouring. Double this quantity to sandwich and coat a 15-18 cm (6-7 inch) cake.

Suggested flavourings:

1. Few drops vanilla essence.
2. Few drops almond essence.
3. Finely grated rind orange/lemon and 1 x 5 ml spoon (1 tsp) orange/lemon juice.
4. 2 x 5 ml spoon (2 tsp) coffee essence.
5. 25 g (1 oz) melted chocolate.
6. 2 x 5 ml spoon (2 tsp) cocoa and 1 x 2.5 ml spoon (½ tsp) vanilla essence.
7. Chopped walnuts.

GLACE ICING

Sufficient for top of 15-18 cm (6-7 inch) cake

100 g (4 oz)	**sieved icing sugar**
1 x 15 ml spoon (1 tbsp)	**warm water**
	flavouring and colouring

1. Place icing sugar in basin, gradually add water.
2. Stir until smooth, add flavouring and colouring. Use at once.

It should be thick enough to coat the back of a spoon.

MILK CHOCOLATE ICING

60 g (2½ oz)	**margarine**
1 x 15 ml spoon (1 tbsp)	**cocoa powder**
250 g (9 oz)	**sieved icing sugar**
3 x 15 ml spoon (3 tbsp)	**hot milk**
1 x 5 ml spoon (1 tsp)	**vanilla essence**

1. Melt margarine, blending in cocoa, then stir in icing sugar, milk and essence.
2. Beat until smooth and thick.

FUDGE ICING

25 g (1 oz)	**butter**
1 x 15 ml spoon (1 tbsp)	**milk**
1 x 15 ml spoon (1 tbsp)	**soft brown sugar**
2 x 5 ml spoon (2 tsp)	**black treacle or golden syrup**
100 g (4 oz)	**icing sugar**

1. Gently melt the butter, milk, sugar and treacle in a saucepan.
2. Beat in the icing sugar.
3. Pour into a bowl and allow to cool.
4. When set use to sandwich the cake together.

ARROWROOT GLAZE

2 x 5 ml spoon (2 tsp)	**arrowroot**
150 ml (¼ pint)	**fruit juice or water**

1. Blend arrowroot with a little liquid.
2. Boil remaining liquid, pour onto arrowroot, return to pan and cook until mixture clears. Cool before using.

RICH ALMOND PASTE

Sufficient for top of 20-23 cm (8-9 inch) cake

350 g (12 oz)	**ground almonds**
175 g (6 oz)	**caster sugar**
175 g (6 oz)	**icing sugar**
1 medium	**egg, beaten**
½	**lemon, juice only**

For Wedding, Christmas and Celebration Cakes.

1. Place dry ingredients in a bowl.
2. Add lemon juice, then just enough beaten egg to make a pliable paste.

ROYAL ICING

Sufficient for top of 20-23 cm (8-9 inch) cake

1 kg (2 lb)	**icing sugar**
5 medium	**egg whites**
2 x 5 ml spoon (2 tsp)	**lemon juice for firm icing OR**
2 x 5 ml spoon (2 tsp)	**glycerine may be added to keep icing soft**

1. Lightly beat egg whites with glycerine or lemon juice.
2. Sieve icing sugar, add half to egg whites, beat well.
3. Add remaininder of sugar gradually stirring well until stiff enough to stand in peaks in the bowl.

BATCH BAKING

Batch baking is an economical way of having baked goods for the family which will last days.

Owning a freezer makes batch baking an even more viable method of cooking as a variety of baked items can be frozen ahead of time and used as required. This is beneficial if you have less time to spend on meal preparation as well as helping to cater for unexpected guests and large numbers. Filling the oven rather than switching it on for one item will save time and fuel.

It might be worth investing in a few extra sandwich tins and baking trays etc. when one considers the long-term time and money saved. Allocate a couple of hours and with careful planning, a number of items can be made in one session. There are two ways of approaching a batch bake:

A Prepare a large quantity of one mixture, and use to make a selection of related items. Other ingredients may be added to the basic mixture to give a variation on a theme.

Examples:
A treble quantity of Basic Sponge Sandwich mixture can make one cake, a Pineapple Upside-Down Pudding and a batch of Madelaines. Make up a large quantity of Shortcrust Pastry mixture and use to make a variety of sweet and savoury dishes to eat now or freeze for later.
Flan cases can be baked blind and frozen until needed.
Other items which are suitable for batch baking are; Rough-Puff and Flaky Pastry, scone and biscuit mixtures.

B Choose a variety of different items that may be cooked in the oven at the same time. This will vary depending on whether you are using a gas or electric oven. Refer to the manufacturers manual for specific information about your oven.

A gas oven has a particular advantage - zones of heat. It is hotter at the top than it is at the bottom, so dishes that require differing temperatures can be cooked at the same time on different shelves, so saving time and money.

e.g. Oven temperature set at Gas Mark 5:
Gas Mark 6 (top shelf).
Gas Mark 5 (middle-second shelf).
Gas Mark 4 (below the middle).

Electric ovens do not have zones of heat but have a different advantage in that some models are fan-assisted. This gives the same temperature throughout the oven which is also excellent for batch baking for a freezer or a large family. Several items which require the same temperature, e.g. cakes made from a basic Victoria Sandwich mixture may be baked at any position in the oven.

A little organisation is needed to make a batch bake successful. Before you start, ensure that you have sufficient ingredients for the items you plan to bake. Then assemble your equipment and prepare tins. If you intend to freeze your baking, clear a space in the freezer so that the 'fast-freeze' switch can be switched on (if you have one) and the items can be put in the freezer as soon as they have cooled completely. Most baked goods can be stored in airtight tins and keep for several days.

BATCH BAKING/FREEZING

HOME FREEZING

Freezing is very popular, especially with those who cook for a family. It enables the cook to plan ahead and make use of abundant supplies of fresh fruit and vegetables; cut down on shopping time and bulk buying and cooking; cater for unexpected guests and enjoy out-of-season foods.

If the following points are followed then freezing is also a time and money saver:

1. Choose the right size of freezer, approximately 2 cubic feet of freezer space for each member of the family.
2. If your freezer is full it is cheaper to run. Open the door or lid as little as possible.
3. Clean out the freezer every six months.
4. Good quality foods at their peak of freshness are essential.
5. Handle food as little as possible and make sure everything is spotlessly clean.
6. Cool food thoroughly - never freeze warm or hot food.
7. Freeze food in quantities most likely to be used.
8. Label clearly, giving the weight, name and the date on which it was frozen.
9. Store and use the food in rotation; it is a good idea to keep a record book.
10. Use good quality packaging materials; heavy gauge polythene bags, polythene sheeting, aluminium foil, foil dishes, basins and freezer tape.

PACKAGING

It is important to pack foods carefully to ensure they can be eaten in their peak of perfection. Foods packed in liquids or any liquid should be given 1 cm (½ inch) head space to allow for expansion during freezing. Exclude as much air as possible from solid packs. The following packs are most suitable for freezing:

1. **Heavy gauge polythene bags -** an assortment of sizes are available. Seal with special covered metal twists or freezer tape.
2. **Aluminium foil -** ideal as an inner wrapping to exclude all air from the food. Overwrap with polythene.
3. **Polythene sheeting -** useful for foods of an irregular shape and individually wrapped pies or cakes - seal with freezer tape.
4. **Foil dishes and basins -** good freezer-to-oven containers for pies, tartlets and puddings.
5. **Polythene boxes -** storage boxes with airtight lids, always choose the size carefully to avoid too much airspace.
6. **Waxed tubs -** with airtight lids suitable for liquids and squashable foods.
7. **Freezer tape -** ordinary adhesive tape will not stick at freezer temperatures. Use special tape for airtight packaging.
8. **Labelling -** write clearly on the packaging or use stick-on labels to show the weight, name of food and date on which it was frozen.

MAXIMUM RECOMMENDED STORAGE PERIOD IN MONTHS

	Uncooked	Cooked
SCONES		
Rich or Plain		1
Drop		1
TEA LOAVES		6
BISCUITS	6	6
PASTRY		
Short	6	3-6
Suet		3-4
Hot Water Crust		6
Choux	3	3

	Uncooked	Cooked
CAKES		
Victoria Sandwich		6
Sponge		6
Fruit		6
GINGERBREAD		3
DECORATED CAKE		3
PUDDINGS		
Steamed Sponge		3
Baked		2-6
Pancakes		6

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HOME BAKERY ADVISORY SERVICE

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